

31 RANDOM ACTS OF KINDNESS TO DO EACH DAY IN A MONTH

- 31 RANDOM ACTS OF KINDNESS
- GIVE COMPLIMENTS
- PICK UP SOMETHING FOR SOMEONE THIS MONTH
- KEEP AN EXTRA UMBRELLA AT WORK
- CHECK-IN WITH SOMEONE HAVING A HARD TIME.
- LISTEN TO SOMEONE
- BE KIND TO YOURSELF
- GIVE SOMEONE THE BENEFIT OF A DOUBT
- GREET SOMEONE YOU SEE DAILY BY NAME
- CHECK-IN WITH SOMEONE
- INVITE SOMEONE TO DINNER
- HOLD THE ELEVATOR FOR SOMEONE COMING IN AFTER YOU
- OFFER AN INTRODUCTION
- LET SOMEONE CUT IN FRONT OF YOU IN LINE
- LEAVE A POSITIVE NOTE IN A LIBRARY BOOK

31 RANDOM ACTS OF KINDNESS TO DO EACH DAY IN A MONTH

- LEAVE A LITTLE EXTRA CHANGE IN THE VENDING MACHINE TO BUY THE NEXT PERSON A BOTTLE OF COKE
- SEND A THANK YOU EMAIL TO SOMEONE
- PUT YOUR PHONE AWAY WHEN YOU'RE WITH YOUR LOVED ONES
- THANK YOUR MOM FOR SOMETHING SHE DID WHEN YOU WERE LITTLE
- HELP SOMEONE TRY SOMETHING NEW
- TALK TO THE QUIET PERSON AT A PARTY
- WRITE A LETTER TO FORMER TEACHERS WHO MADE A DIFFERENCE IN YOUR LIFE
- BE KIND TO CUSTOMER-CARE REPRESENTATIVES
- HELP SOMEONE CROSS THE STREET
- KEEP IN TOUCH WITH YOUR FRIENDS
- SPEAK WITH AN ELDER
- BE KIND ON SOCIAL MEDIA
- TALK WITH A HOMELESS PERSON
- LEAVE A STICKY NOTE FOR SOMEONE
- SEND COLOURING BOOKS AND BOXES OF NEW CRAYONS TO SICK KIDS
- SHARE HAPPY MEMORIES
- FORGIVE SOMEONE
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