30-Day *Kindness* Challenge

#1	#2	#3	#4	#5
Buy a coffee for the person behind you	Compliment a stranger	Donate old, gently used clothes or towels to an animal shelter	Cook dinner for your partner	Donate any books to a local library or children's hospital

#6	#7	#8	#9	#10
Hold the door open for someones	Visit or send a note to a teacher who made an impact	Donate any nonperishable items in your pantry	Put change in an expired meter	Offer to babysit for free

#11	#12	#13	#14	#15
Let someone go ahead of you in line	Bake cookies for a loved one or your neighbor	Leave a kind note on a co-worker's desk	Compliment a sibling or a family member	Leave a gift for your mail carrier

#16	#17	#18	#19	#20
Give someone an extra-generous tip	Tell your parent(s) how much you appreciate them	Sign up to volunteer in your community	Buy your pet a surprise from the store	Shovel snow for your neighbor or cut their grass

#21	#22	#23	#24	#25
Donate any old, gently used clothes to the Salvation Army	Shop or eat at a local business	Do a chore your partner or family member would typically do	Bring someone food or coffee at work	Leave a positive review for a business that you like

#26	#27	#28	#29	#30
Offer to walk a neighbor's or friend's dog	Avoid any negative thoughts for the day	Pay for someone's bus, cab, or Uber fare	Accept and give yourself compliments	Spread the kindness and share this with a friend