



random acts 40+ of kindness

Volunteer your time

Share treats at work

Give your mailman a treat

Give your bank teller a treat

Send someone flowers

Give a small business a shout out on social media

Donate towels and blankets to the animal shelter

Write down 5 things you're grateful for

Send a surprise gift

Help carry someone's groceries

Give someone a genuine compliment

Check in on an elderly person

Let someone know you're praying for them

Visit someone who is lonely

Send an uplifting text

Listen without interrupting

Donate to a mission or church

Offer to run an errand for someone

Share a testimony

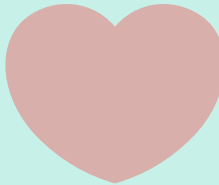
Share a faith-based post

Pray for your enemies

Offer to babysit for a friend

Say a prayer for a stranger

Forgive someone and let them know



Donate books

Cook a meal for someone

Share an inspirational quote

Write a positive review for a business

Let someone go ahead in line

Make a handmade gift

Smile at everyone you see today

Encourage someone

Pick up litter

Give someone flowers

Send a thank-you card

Call a loved one

Help a neighbor

Leave a generous tip

Donate clothes to charity

Buy groceries for someone in need

Hold the door open

Leave a kind note for someone

Pay for someone's coffee

Donate to a food pantry

Pray for a friend

Share a Bible verse

Support a small business

Compliment a stranger