Kindness Counts Challenge

♥

How can simple acts of kindness add positivity into your life? Cultivate this spirit by performing one intentional act of kindness each day for a month. Here are some ideas about how you can spread kindness in all areas of your life. Once you have completed an act of kindness, either check off the corresponding box or write down those you have thought of yourself.

Donate food to a local food bank. ☐	Volunteer or work or in your community. ☐	Buy coffee or tea for the person behind you. ☐	Allow someone to go ahead of you in line. ☐	Give up that parking spot to someone else waiting. ☐
Write a thank you note to someone in your life. ☐	Open the door for someone. ☐	Help a neighbor bring in groceries. ☐	Make dinner for a friend. ☐	Connect with a friend you haven't seen recently. ☐
Send a care package to a soldier. ☐	Say thank you to a service worker who otherwise might go unnoticed. ☐	Create your own act of kindness. ☐	Exhibit patience while driving. ☐	Bring supplies to a local pet shelter. ☐
Send flowers to your parents or a loved one. ☐	Drop off treats for college students to enjoy. ☐	Leave an extra generous tip. ☐	Bring in a healthy snack to share with coworkers. ☐	Greet five strangers today. ☐
Leave behind coupons at the supermarket. ☐	Leave a note of encouragement for someone. ☐	Make a donation to a charity close to your heart. ☐	Tape a bag of coins to a vending machine. ☐	Donate magazines or books to a senior center. ☐
Leave a treat for the mailman. ☐	Cheer up a friend or co-worker who is having a bad day. ☐	Hold the elevator. ☐	Leave an encouraging note on a car. ☐	Return someone's cart at the store. ☐

List other ways you have completed acts of kindness:

_____

_____

_____

fallonhealth