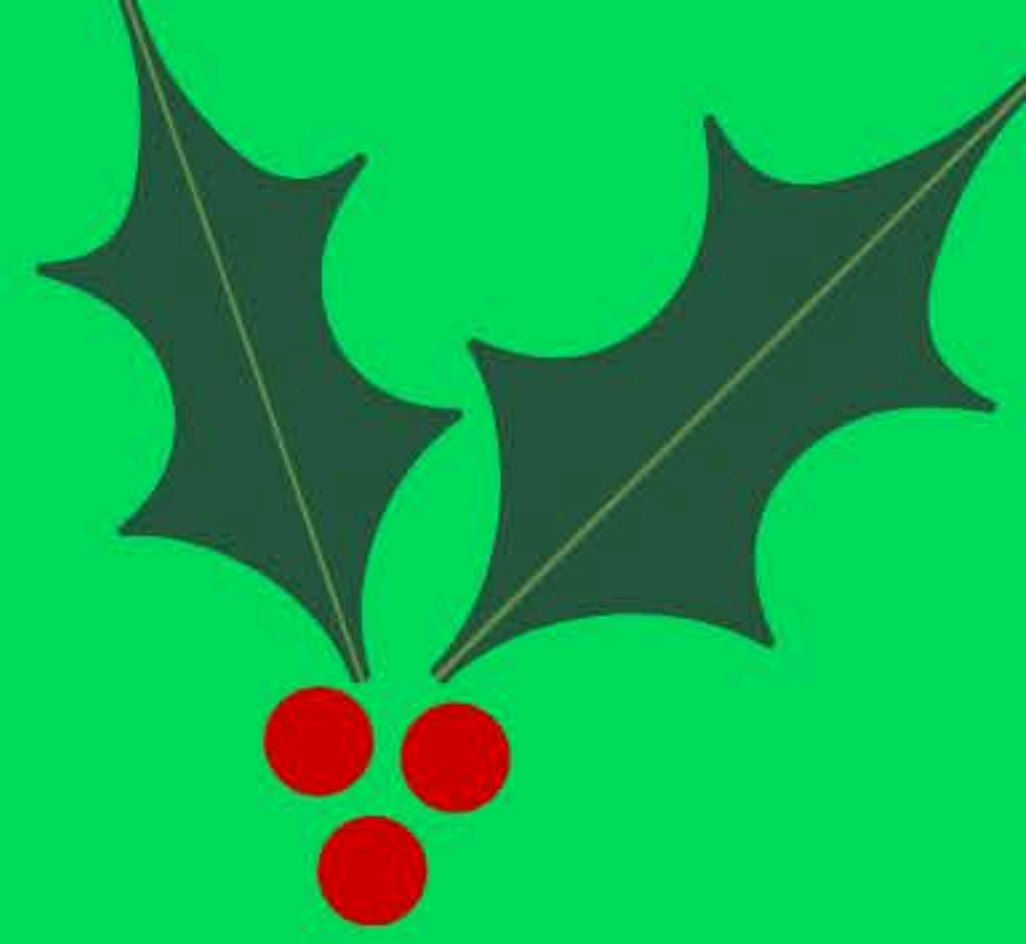




RANDOM ACTS OF KINDNESS



See how many you and your family can do this month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Hold the Door for Someone.	Leave an EXTRA BIG tip!	Send a card to a friend.
Pay Someone a compliment	Donate Toys or Clothes to a charity.	Prepare a meal for your family.	Give Blood.	Leave a positive comment on someone's post.	Tell your co-worker one thing you love about them.	Make a double batch of cookies and give them to your neighbor.
Let someone cut in front of you.	Sign up to volunteer at a local charity.	Scrape the ice off someone's windshield.	Tell the principal how much you appreciate your child's teacher.	Share something positive on your socials.	Give a friend a book you think they would like.	Invite a friend for dinner.
Help someone struggling to carry their grocery bags.	Donate flowers to a nursing home.	Let someone else take that primo parking spot.	Offer to return a stranger's grocery cart to the front of the store.	Give old blankets, sheets and towels to an animal shelter.	Send a letter thanking a service member.	Invite a friend over for hot cocoa.
Call and wish someone near or far a "Merry Christmas".	Post sticky notes with uplifting messages on the bathroom mirrors	Deliver coffee to an office assistant.	Leave a great coupon next to that item in the grocery store.	Pick up a piece of litter on the street and throw it out.	Sign up for a charity walk or run.	Text someone and tell them you love them.

