

LEAVE A
NOTE FOR
A
STRANGER

VISIT A
NURSING
HOME

PAY FOR
SOMEONE'S
LUNCH

GIVE UP
YOUR SEAT
FOR
SOMEONE

HOLD THE
DOOR FOR A
STRANGER

COMPLIMENT
SOMEONE

DONATE
UNUSED
ITEMS TO A
SHELTER

VOLUNTEER

WALK YOUR
NEIGHBOR'S
DOG

PICK UP
TRASH AT
A PARK

LEAVE A GIFT
BASKET ON A
DOORSTEP

SEND A
FRIEND
FLOWERS

MAKE A MEAL
FOR A
NEIGHBOR

LEAVE THE
MAILMAN A
SNACK

OFFER TO
HELP
SOMEONE
WITHOUT
BEING ASKED

LET
SOMEONE
AHEAD OF
YOU IN LINE

LEAVE
MONEY AT A
VENDING
MACHINE

BAKE COOKIES
FOR A FRIEND

SEND A
LETTER TO A
SOLDIER

OFFER
YOUR
UMBRELLA
TO A
STRANGER

PARTICIPATE
IN A
FUNDRAISER

WRITE A
REVIEW FOR A
LOCAL
BUSINESS

GIVE A
STRANGER
A LOTTERY
TICKET

COLLECT
BOOKS FOR
THE
LIBRARY