

# Acts Of *Checklist* Kindness

DATE:

Compliment someone genuinely

Donate clothes I no longer need

Leave a kind note in a public place

Pick up litter in my neighborhood or local park

Call a family member I haven't spoken to in a while

Volunteer an hour of my time to a local cause

Pay for the person behind me in line

Leave a positive review for a small business I love

Offer to help my neighbor with groceries or other task

Buy a homeless person a meal or warm drink