30-DAY KINDNESS CHALLENGE

Start this kindness challenge now or at the start of a new month. Hang it on your wall and cross off each act of kindness for the next 30 days.

**DAY 1** Bake something for your neighbor

**DAY 2** Volunteer at a local shelter

**DAY 3** Compliment a stranger

**DAY 4** Express gratitude

**DAY 5** Hand out 5 kindness cards

**DAY 6** Hand deliver 2 kindness notes

**DAY 7** Text someone a nice message

**DAY 8** Pick up trash on the ground

**DAY 9** Smile at 5 strangers

**DAY 10** Put your phone away all day

**DAY 11** Thank someone

**DAY 12** Let someone know they matter

**DAY 13** Send an appreciation card in the mail

**DAY 14** Comment something nice on another’s post

**DAY 15** Write a good review for your friend on LinkedIn

**DAY 16** Leave a nice note on a car

**DAY 17** Shop local

**DAY 18** Spread good news

**DAY 19** Inspire someone

**DAY 20** Let someone check out before you at the store

**DAY 21** Don’t look at your phone during a meeting

**DAY 22** Give someone your favorite book

**DAY 23** Compliment a coworker

**DAY 24** Add a motivational sticky note on your mirror

**DAY 25** Run an errand for someone

**DAY 26** Give blood

**DAY 27** Leave an unused coupon at checkout

**DAY 28** Turn off your phone for a morning

**DAY 29** Have a self-care day

**DAY 30** Stay calm and patient all day