30 Acts of Kindness in Thirty Days

We challenge you to complete at least one act of kindness each day for the next 30 days. We've gotten you started with our list of small ways you can positively impact those around you. Feel free to be creative and come up with your own acts of kindness! Kindness is a ripple effect—encourage others to join the challenge by sharing your acts on social media!

- ☐ List 30 people and pray for one each day.
- ☐ Take a walk in your neighborhood and pray for each house.
- ☐ Leave the largest tip you can afford for a kind server.
- ☐ Write a letter to someone who has made a difference in your life.
- ☐ Chalk a sidewalk with uplifting messages.
- ☐ Send encouraging text messages to 5 people.
- ☐ Write cards for a local hospital.
- ☐ Pay for the person behind you at a drive-thru.
- ☐ Donate seasonal clothes to a clothing pantry.
- ☐ Compliment the first 3 people you talk with today.
- ☐ Reconnect with someone you haven't spoken with in a while.
- ☐ Donate towels, blankets and toys to an animal shelter.
- ☐ Surprise a neighbor or friend with freshly baked treats.
- ☐ Give parents a night out by offering to babysit for free.
- ☐ Give a thank-you treat to your mail, delivery and sanitation employees.
- ☐ Donate new socks and underwear to a local shelter.
- ☐ Post an encouraging sticky note message on a mirror or door.
- ☐ Host a clean-up party at a nearby park.
- ☐ Donate books to your local library or a book drive.
- ☐ Send a 'Thank You' card to your local police or fire station.
- ☐ Leave your server an encouraging note on their receipt.
- ☐ Post a positive and encouraging message on social media.
- ☐ Help your neighbor with their yard work.
- ☐ Donate packages of diapers and wipes to a local agency supporting families.
- ☐ Pause to hold the door open for someone behind you.
- ☐ Surprise someone with flowers.
- ☐ Participate in a blood drive.
- ☐ Donate food to a local food pantry.
- ☐ Write a positive review online for a local business.
- ☐ Pray for government leaders and send a note thanking them for their public service

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CHANGING LIVES THAT CHANGE THE WORLD