

# 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