

Think of someone you haven't spoken to for a while and call them - just to check in.

1

Switch an item you use to a sustainable version



2

Waiting in line? Invite the person behind you to go first.

3

4

Send something to someone that will make them laugh



5

Buy a cold drink for the car guard

6

Count the number of items in your fridge.

7

Consider donating blood at your local blood bank

8

Say please and thank you to everyone

9

Send a voice note to someone telling them what you appreciate about them



10

Smile at everyone who crosses your path

Give the same amount in Rand value to a charity or homeless person



11

Ask someone how they are... and really listen

12



Invite some friends or family for a picnic or a walk in the park

21 days - the habit of kindness challenge

13



Take a rest from technology for the day.

14

Treat someone to something delicious



15

Pack an extra lunch and give it to someone who really needs it.



16



Let someone have your parking space

17

Go for a walk in your area and pick up as much litter as you can

18

Donate your gently used clothes or shoes



19

Let someone in, in traffic, and give them a smile

20

Donate a mask and hand sanitizer to a homeless person

21



Use your loyalty card points and buy someone a gift



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