



# Kindness in Action

## Strengths-based ways to make a difference

<input checked="" type="checkbox"/> Text 5 people and tell them why you are grateful for them.	<input checked="" type="checkbox"/> Complete a chore that your partner usually does.	<input checked="" type="checkbox"/> Reach out to a co-worker and offer assistance on a project.	<input checked="" type="checkbox"/> Declutter your home and donate items to a local charity.	<input checked="" type="checkbox"/> Share uplifting content on your social media to brighten others' feeds.	<input checked="" type="checkbox"/> Spend 30 minutes doing something you love.
<input checked="" type="checkbox"/> Check in with a co-worker and ask how they are doing.	<input checked="" type="checkbox"/> Offer to help a neighbor with a task or errand.	<input checked="" type="checkbox"/> Cook a special meal or treat for a loved one and enjoy it together.	<input checked="" type="checkbox"/> Spend time in nature and pick up litter in the area.	<input checked="" type="checkbox"/> Call a friend you haven't talked to in a while and check-in.	<input checked="" type="checkbox"/> Practice active listening when speaking with friends or family.
<input checked="" type="checkbox"/> Spot the character strengths you see someone using.	<input checked="" type="checkbox"/> Forgive someone for a past wrongdoing and let go of lingering resentment.	<input checked="" type="checkbox"/> Volunteer your time to a cause you care about.	<input checked="" type="checkbox"/> Dedicate quality time to your family, playing games or eating dinner together.	<input checked="" type="checkbox"/> Support a local business by making a purchase and leaving a positive review.	<input checked="" type="checkbox"/> Text a friend a happy memory you shared together.
<input checked="" type="checkbox"/> Send a favorite recipe to a friend.	<input checked="" type="checkbox"/> Praise a coworker for something they did really well.	<input checked="" type="checkbox"/> Next time you have great service, leave a generous tip.	<input checked="" type="checkbox"/> Practice patience with everyone you encounter today.	<input checked="" type="checkbox"/> Deliver a home cooked meal to a busy friend.	<input checked="" type="checkbox"/> Take the neighbors dog for a walk.
<input checked="" type="checkbox"/> Give a sincere compliment to someone you interact with today.	<input checked="" type="checkbox"/> Send a hand-written letter to a friend or family member.	<input checked="" type="checkbox"/> Perform a random act of kindness for a stranger, like holding the door or buying their coffee.	<input checked="" type="checkbox"/> Express gratitude to a coworker for their hard work.	<input checked="" type="checkbox"/> Focus your personal meditation on positive self-talk and self-compassion.	<input checked="" type="checkbox"/> Reflect on your month of kindness, plan how you'll continue to spread kindness.