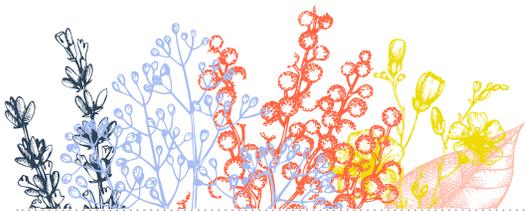


# 31 DAYS OF KINDNESS

## Colleagues & Inspiring People



1 <i>Find out something new about a coworker.</i>	2 <i>Take a new employee out to coffee.</i>	3 <i>Write your boss a positive review online.</i>	4  <i>Smile</i>	5 <i>Compliment three coworkers to their manager.</i>	6  <i>Send flowers to your boss.</i>	7 <i>Send a thank you note to a past mentor.</i>
8  <i>Smile</i>	9 <i>Write a good review of your company online.</i>	10 <i>Invite a coworker to lunch.</i>	11 <i>Take out the office trash.</i>	12  <i>Smile</i>	13 <i>Offer to pick up a coworker's unfinished project.</i>	14 <i>Ask five coworkers how they are doing.</i>
15  <i>Send flowers to a past mentor.</i>	16  <i>Smile</i>	17 <i>Gift an inspiring book to the office.</i>	18 <i>Offer to be a mentor at your work or alma mater.</i>	19 <i>Organize a company happy hour.</i>	20  <i>Smile</i>	21 <i>Invite a mentor or mentee to coffee.</i>
22 <i>Volunteer at a career fair for your company.</i>	23 <i>Send a thank you note to a past professor or teacher.</i>	24  <i>Smile</i>	25 <i>Coordinate a team social event.</i>	26 <i>Donate to a charity your company supports.</i>	27 <i>Donate to your alma mater.</i>	28  <i>Send flowers to your office.</i>
29  <i>Smile</i>	30 <i>Organize a volunteer event for your office.</i>	31 <i>Offer to help a mentor with a referral.</i>	<i>“Happiness is realizing how awesome the people around you are.”</i> — JEREMY CHIN			NOTES: ..... ..... ..... .....