



# 30 Day Challenge: Random Acts of Kindness

Want to make the world a better place, one random act of kindness at a time? Whether you want to do one a day or one a week, here are some ideas to get you started:

Day 1: Leave an extra-big tip <input type="checkbox"/>	Day 2: Pay for the next person in line <input type="checkbox"/>	Day 3: Love on a shelter animal <input type="checkbox"/>
Day 4: Hold the door for someone <input type="checkbox"/>	Day 5: Leave money on a vending machine <input type="checkbox"/>	Day 6: Feed someone's parking meter <input type="checkbox"/>
Day 7: Commend a store employee <input type="checkbox"/>	Day 8: Send a card to a friend <input type="checkbox"/>	Day 9: Post an encouraging note in a public place <input type="checkbox"/>
Day 10: Help a neighbor <input type="checkbox"/>	Day 11: Compliment someone <input type="checkbox"/>	Day 12: Participate in a virtual fundraiser <input type="checkbox"/>
Day 13: Donate to a cause you care about <input type="checkbox"/>	Day 14: Post a positive review <input type="checkbox"/>	Day 15: Hold off on that bad review <input type="checkbox"/>
Day 16: Bring treats to work <input type="checkbox"/>	Day 17: Deliver homemade food to a friend <input type="checkbox"/>	Day 18: Post an encouraging quote on social media <input type="checkbox"/>

Day 19: Volunteer to help others	<input type="checkbox"/>	Day 20: Call someone who lives alone	<input type="checkbox"/>	Day 21: Be kind to the birds	<input type="checkbox"/>
Day 22: Pamper pets	<input type="checkbox"/>	Day 23: Let someone else ahead in line	<input type="checkbox"/>	Day 24: Send a surprise gift	<input type="checkbox"/>
Day 25: Donate to a food pantry	<input type="checkbox"/>	Day 26: Send a thank you card to an essential worker	<input type="checkbox"/>	Day 27: Thank a teacher	<input type="checkbox"/>
Day 28: Donate books	<input type="checkbox"/>	Day 29: Give a friend a list of their best qualities	<input type="checkbox"/>	Day 30: Be kind to yourself, too	<input type="checkbox"/>

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