

30 ACTS OF *Kindness* in thirty days

This is your challenge to complete at least one act of kindness each day for the next 30 days. Here's a list to get you started with small ways you can positively impact those around you. Feel free to be creative and come up with your own acts of kindness!

- ☐ List 30 people and **pray for** one each day.
- ☐ Take a walk in your neighborhood and pray for each house.
- ☐ Leave the largest tip you can afford for a kind server.
- ☐ **Write a letter** to someone who has made a difference in your life.
- ☐ Chalk a sidewalk with **uplifting messages**.
- ☐ Send encouraging text messages to 5 people.
- ☐ Write cards for a local hospital.
- ☐ Pay for the person behind you at a drive-thru.
- ☐ Donate seasonal clothes to a clothing pantry.
- ☐ Compliment **the first 3 people** you talk with today.
- ☐ **Reconnect** with someone you haven't spoken with in a while.
- ☐ Donate towels, blankets and toys to an animal shelter.
- ☐ Surprise a neighbor or friend with **freshly baked treats**.
- ☐ Give parents a night out by offering to **babysit for free**.
- ☐ Give a **thank-you** treat to your mail, delivery and sanitation employees.
- ☐ Post an **encouraging** sticky note message on a mirror or door.
- ☐ Host a **clean-up party** at a nearby park.
- ☐ Donate books to your local library or a book drive.
- ☐ Send a 'Thank You' card to your **local police or fire station**.
- ☐ Leave your server an encouraging note on their receipt.
- ☐ Post a positive and encouraging **message on social media**.
- ☐ Help your neighbor with their yard work.
- ☐ Donate packages of diapers and wipes to a local agency supporting families.
- ☐ Pause to **hold the door open** for someone behind you.
- ☐ Surprise someone with **flowers**.
- ☐ Participate in a blood drive.
- ☐ Donate food to a local food pantry.
- ☐ Write a positive review online for a local business.
- ☐ **Pray for government leaders** and send a note thanking them for their public service.
- ☐ Donate new socks and underwear to a local shelter.



Kindness is a ripple effect - encourage others to join the challenge by sharing your acts on social media! #BTVisKIND