

Weekly Kindness To-Do List

Weekly Checklist



Compliment a stranger

Give without expecting in return

Send a heart-warming text

Offer to help someone

Smile at everyone you see

Sponsor someone

Share something you have

Hold a door open for someone

Hide a friendly note in a public place

Give a flower to a stranger

Send a card or a letter to someone

Make dinner for someone

Bake a cake for a friend

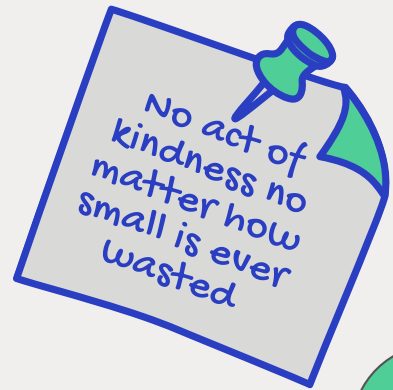
Give a hug to someone in need

Leave a review for a local business

Visit an elderly neighbour

Donate something to charity

Call a friend



Extra acts achieved this week





When we practice kindness either to others or ourselves, we experience positive mental and physical changes by lowering stress levels and increasing the body's production of feel-good hormones



#bekindeveryday

