

HOW IT WORKS

Every day, for 30 days, complete one of the acts of kindness included in this list. Purple boxes are **random acts of kindness towards strangers**; gold boxes will focus on **being kind to ourselves**. Complete the tasks in any order you want. Simply print this sheet, hang it near your desk, and check off the boxes as you go!

<input type="checkbox"/> Invite the person in line behind you to go first	<input type="checkbox"/> Compliment someone you interact with everyday	<input type="checkbox"/> Write down 5 things that make you happy	<input type="checkbox"/> Buy or make coffee for a colleague	<input type="checkbox"/> Share your umbrella
<input type="checkbox"/> Look in the mirror and smile at yourself	<input type="checkbox"/> Introduce yourself to someone you always see	<input type="checkbox"/> Smile and say hello to a stranger	<input type="checkbox"/> Treat yourself to your favorite food	<input type="checkbox"/> Leave a thank you note on a receipt for your server
<input type="checkbox"/> Pick a charity and donate what you can or volunteer with them	<input type="checkbox"/> Play a game or share a joke	<input type="checkbox"/> Write a letter of appreciation to someone who influenced you	<input type="checkbox"/> Leave a handwritten thank you note for the office cleaning staff	<input type="checkbox"/> Put your phone away for 1 hour and be fully present in a conversation
<input type="checkbox"/> Donate food items to the UW Campus Pantry	<input type="checkbox"/> Pick up a piece of trash from the park or street	<input type="checkbox"/> Take a walk through the park without your phone	<input type="checkbox"/> Leave a "have a great day" note on a colleague's desk	<input type="checkbox"/> Open the door or hold the elevator for someone
<input type="checkbox"/> Write down your 3 best qualities	<input type="checkbox"/> Donate an article of clothing (or more!)	<input type="checkbox"/> Leave a good book somewhere with a note for someone to enjoy	<input type="checkbox"/> Stop and listen to music by your favorite artist	<input type="checkbox"/> Call a friend or family member just to say hi
<input type="checkbox"/> Compliment a stranger	<input type="checkbox"/> At the end of the day, write down 3 things that went well	<input type="checkbox"/> Invite someone you don't usually eat with to join you at lunch	<input type="checkbox"/> Fill up a coworker's water bottle for them	<input type="checkbox"/> De-clutter your desk