

# 30-DAY KINDNESS CHALLENGE

Start this kindness challenge now or at the start of a new month. Hang it on your wall and cross off each act of kindness for the next 30 days.

**DAY 1**

Send an encouraging email

**DAY 2**

Find out something new about a co-worker

**DAY 3**

Endorse someone's skill or leave a recommendation on LinkedIn

**DAY 4**

Randomly text someone a nice message

**DAY 5**

Create a positive acronym for a co-worker using their name

**DAY 6**

Share a meme that will let someone know you are thinking about them

**DAY 7**

Send a co-worker an inspirational quote

**DAY 8**

Hold the elevator for a stranger

**DAY 9**

Share your favorite recipe with a co-worker or friend

**DAY 10**

Reach out to a remote worker

**DAY 11**

Leave a note of appreciation for your mail carrier or delivery person

**DAY 12**

Remind someone of a funny story or anecdote they told you

**DAY 13**

Let someone know they matter

**DAY 14**

Send someone a PACT card

**DAY 15**

Compliment someone for something they did

**DAY 16**

Smile and say good morning to a random person

**DAY 17**

Leave a treat on a co-workers desk

**DAY 18**

Leave a nice note on someone's car

**DAY 19**

Shop local

**DAY 20**

Volunteer at a local shelter

**DAY 21**

Leave a positive affirmation in a public place

**DAY 22**

Thank someone from outside your department

**DAY 23**

Express gratitude

**DAY 24**

Make a mental list about all the things you enjoy about your work

**DAY 25**

Let someone check out before you at the store

**DAY 26**

Encourage others to pay it forward

**DAY 27**

Let go of a grudge

**DAY 28**

Share your expertise

**DAY 29**

Give a gift of time

**DAY 30**

Share a positive thought