

WORLD KINDNESS DAY

CHECKLIST

♥ Start your day with a bright "hello" to a friend or stranger.



♥ Sprinkle compliments like confetti, and make someone's day with some kind words.

♥ Invest in meaningful conversations – ask a friend about their day and listen with your heart.



♥ Surprise someone with a coffee or tea, even if you've never met before!



♥ Hide a little note of affirmation and provide a heartwarming surprise for someone to find.

♥ Let someone else take the lead – give up your place in line with a cheerful smile.



♥ Extend a helping hand, and feel the joy of making someone's day easier.

♥ Spread positivity by telling someone they're doing a great job.

♥ Share the love – donate clothes or items you no longer need to those in need.

♥ Be a community superhero by cleaning up any litter you spot in your neighborhood.



♥ Reconnect with an old friend and relive happy memories.

♥ Radiate positivity on social media – be the beacon of light in a sea of content.

♥ Volunteer your time to support a charity or get involved with your local community



♥ And last but not least, remember to be kind to yourself too – you deserve it! Move your body, laugh out loud, start a gratitude journal!