

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!