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| 1. Take time to listen to, encourage, and pray for someone who is struggling. |
| 1. Leave extra quarters taped to a washer/dryer at the laundromat. |
| 1. Pay for coffee or a meal for the person behind you in line or the drive-thru. |
| 1. Send a letter of appreciation to your parents or grandparents. |
| 1. Leave someone an unexpected gift or surprise, even money! $$$ |
| 1. Pick up litter and throw it away. |
| 1. Introduce yourself to, talk to, & befriend someone you don’t know. |
| 1. Help someone to carry their groceries or a heavy box. |
| 1. Offer to spot for someone at the gym and give them encouragement while they are lifting. |
| 1. Reach out to someone you haven’t talked to in a while. |
| 1. Praise the work of & give credit to others. |
| 1. Tutor someone or help them with their homework. |
| 1. Send a care package and a thank you note to a soldier overseas. |
| 1. Leave a loving and encouraging note for your spouse or children. |
| 1. Send a note of appreciation to your teacher, principal, or supervisor. |
| 1. Visit a nursing home, jail, or prison and take some friends with you. |
| 1. Talk to, read to, or play music for an elderly person. |
| 1. Give a generous tip to your waiter. |
| 1. Bring a welcome gift to a new neighbor. |
| 1. Tell someone you are sorry for a past wrong. |
| 1. Write a thank you for the school custodians or lunch ladies. |
| 1. Compliment a stranger. |
| 1. Leave extra money in a parking meter. |
| 1. Bring a meal to someone who is ill or having a hard time. |
| 1. Offer to babysit for someone for free. |
| 1. Write & send a letter (no email) to someone who has made a difference in your life. |
| 1. Donate in someone’s name to a charity they care about. |
| 1. Hold the door or elevator for someone. |
| 1. Clean up after someone – without complaining! |
| 1. Donate your hair to “Locks of Love”. |
| 1. Let someone go ahead of you in a store checkout line. |
| 1. Donate clothes to a community organization. |
| 1. Volunteer at a soup kitchen or homeless shelter. |
| 1. Sit with someone who is eating alone. |
| 1. Offer someone a piece of gum or candy, even your bank teller. |
| 1. Leave encouraging notes in random places. |
| 1. Bring treats to your class, office, or study group to share. |
| 1. Smile and greet people you see on the street. |
| 1. Donate blood. |
| 1. Deliver crayons, coloring books, paper, & toys to a pediatric ward. |
| 1. Leave a gift card on someone's windshield. |
| 1. Hand flowers to a stranger who looks like they need it. |
| 1. Verbally thank a cleanup worker or trashman. |
| 1. Donate some airline miles to the "Make a Wish" Foundation. |
| 1. Deliver snacks & drinks to a hospital ER or Operating Room—Waiting Room. |
| 1. Donate to a domestic abuse shelter. |
| 1. Send a dessert to another table anonymously at a restaurant. |
| 1. Compliment a store worker to their manager. |
| 1. Feed the poor & donate to a food bank. |
| 1. Let someone have your parking spot, even if you got there first. |
| 1. Return your shopping cart and others you find that need to be corralled. |
| 1. Offer an umbrella to someone needing it on a rainy day. |
| 1. Say "good morning" and "thank you" to public service workers. |
| 1. Thank current military and former veterans for their service. |
| 1. Bake and deliver cookies, bread, or a meal for a neighbor, just because. |
| 1. Shovel or clear snow from someone's car or driveway. |
| 1. Do a favor for someone without asking for anything in return. |
| 1. Leave a note of encouragement in a library book. |
| 1. Make and deliver a meal to someone who is sick. |
| 1. Take out your neighbor's garbage can and bring it back to their house. |
| 1. Mow, rake, & help clean up your neighbor's yard. |
| 1. Offer to clean a new mother's or senior adult's house. |
| 1. Wash and vacuum someone's car for free. |
| 1. Help someone pack & move. |
| 1. Loan your tools/car/bicycle to someone. |
| 1. Leave discount coupons on the shelf near products at grocery stores. |
| 1. Let your staff go home early or give them the day off. |
| 1. Teach someone a new skill or to read. |
| 1. Be a peacemaker between conflicting individuals. |
| 1. Safely assist someone in need of roadside help – calling for help, helping change a tire, etc. |
| 1. Let a car merge in front of you and do it with a smile. |
| 1. Verbally thank your postal worker & give them home baked goods. |
| 1. Pick up fallen pieces of clothing or products in a store. |
| 1. Give someone a ride. |
| 1. Help someone with their resume or to find a job. |
| 1. Give a hug to someone who needs it. |
| 1. Work a shift or offer to switch a shift with a coworker who needs time off. |
| 1. Send catered & leftover food to first responders. |
| 1. Offer to fix or repair something for someone without that skillset. |
| 1. Remember and send birthday, anniversary, special date, & “Thinking of You” cards to others. |
| 1. Help clean your sibling's room and make up their bed. |
| 1. Offer your tickets to an upcoming game or event to someone who might enjoy them. |
| 1. Share event photos with someone who is unable to attend. |
| 1. Call and encourage someone you have missed in church. |
| 1. Invite someone to church & offer them a ride to church. |
| 1. Wash, fold, & put away someone else’s laundry. |
| 1. Leave change at a vending machine for a stranger. |
| 1. Offer coats and blankets to someone who is cold. |
| 1. Call and check on someone who lives alone and invite them over for dinner or the holidays. |
| 1. Donate stuffed animals to fire departments and police officers to give to children. |
| 1. Offer to fill someone's gas tank. |
| 1. Offer to run an errand for someone. |
| 1. Work in the church nursery. |
| 1. Bend down, talk with, and encourage a child. |
| 1. Anonymously offer to pay for a child's sports equipment or fees in a local league. |
| 1. Give away free refreshments at a local ballpark or other public location. |
| 1. Pay someone's layaway items. |
| 1. Drop off Exam Week care packages at a local college dormitory or student union. |
| 1. Leave diapers and wipes on a public changing table. |
| 1. Offer to walk dogs at the local animal shelter or for a neighbor. |
| 1. Bury "treasure" at a local playground/ sand pit for a child to find. |
| 1. Donate to the Annie Armstrong, Lottie Moon, Kathleen-Mallory, and/or World Hunger Offerings. |
| 1. Give away free fire detectors and batteries to people in your community. |
| 1. Throw a party to celebrate someone, just for being who they are--awesome! |
| 1. Post kind, encouraging, & positive words on Social Media such as Facebook and Instagram. |
| 1. Put your phone away and truly listen to whoever is in front of you. |
| 1. Give away cheap sunglasses at outdoor community events. |
| 1. Hand out coupons to area restaurants and ice cream parlors to strangers. |
| 1. Offer free stamps in front of the Post Office on Tax Day. |
| 1. Install and keep stocked bird feeders at area nursing homes. |
| 1. Giveaway golf balls, tees, and markers at local golf clubs. |
| 1. Giveaway carnations door-to-door on Mother's Day. |
| 1. Giveaway vegetable and flower seeds door-to-door during the late winter/early spring. |
| 1. Pick up & deliver food & medications to shut-ins. |
| 1. Offer rides to doctor’s appointments for those unable to drive themselves. |
| 1. Provide furnishings for someone with little or no household items. |
| 1. Help rehab someone's home or build a handicap ramp. |
| 1. Clean someone's gutters or sidewalks. |
| 1. Offer to clean restrooms for free at area gas stations and other businesses. |
| 1. Give up your seat to an elderly, disabled, or pregnant person. |
| 1. Search for and return lost items to their rightful owners. |
| 1. Tell someone that you love them and are proud of them. |
| 1. Offer & provide Biblical hospitality to strangers in need including: medical care, lodging, meals, protection/safety, and other needed assistance. |
| 1. Hand away free Bibles to whomever will take one—Share scriptures with someone who needs to hear God's Words of encouragement. |
| 1. Share your faith with someone, helping them to pray and accept Jesus Christ as their personal Lord and Savior. |