



30 Days of GIVING - Example List

Below is a list of ideas to kick start, but there are very few rules.

The sky is the limit. Big or small you have the power to change someone's day!

- | | |
|--------------------------|---|
| <input type="checkbox"/> | • Give someone a high 5 |
| <input type="checkbox"/> | • Send a hand written note to someone that inspires you and tell them why |
| <input type="checkbox"/> | • Say hello to 3 strangers and give a smile |
| <input type="checkbox"/> | • Do something unexpected and special for someone you love |
| <input type="checkbox"/> | • For today, let cars merge in front of you with a gracious nod |
| <input type="checkbox"/> | • Do something nice for your neighbour |
| <input type="checkbox"/> | • Give someone a hug |
| <input type="checkbox"/> | • Call someone you haven't spoken to in a while |
| <input type="checkbox"/> | • Be kind to the Earth - pick up 5 pieces of rubbish |
| <input type="checkbox"/> | • Let someone go ahead of you in line |
| <input type="checkbox"/> | • Send a hand written thank you note |
| <input type="checkbox"/> | • Buy the person behind you a coffee |
| <input type="checkbox"/> | • Leave an encouraging note on a car windscreen |
| <input type="checkbox"/> | • Plan a surprise for someone |
| <input type="checkbox"/> | • Give 3 genuine compliments to strangers |
| <input type="checkbox"/> | • Thank someone that does a hard job that most people wouldn't do |
| <input type="checkbox"/> | • Volunteer to do a task you wouldn't normally do |
| <input type="checkbox"/> | • Send a text to someone you appreciate to say you are thinking of them |
| <input type="checkbox"/> | • Leave change in a vending machine |
| <input type="checkbox"/> | • Be kind to you - a pamper or just some alone time that is all yours |
| <input type="checkbox"/> | • Give food to a local community centre/church food bank |
| <input type="checkbox"/> | • Give 5 things you no longer need to a charity |
| <input type="checkbox"/> | • Volunteer your time or talent |
| <input type="checkbox"/> | • Send a note/card to someone who is going through a challenging time |
| <input type="checkbox"/> | • Make something for someone |
| <input type="checkbox"/> | • Be kind to your co-workers - bring them a treat |
| <input type="checkbox"/> | • Hold the door open for someone |
| <input type="checkbox"/> | • Go through the day trying not to say anything negative |
| <input type="checkbox"/> | • Ask someone how their day is and really listen |
| <input type="checkbox"/> | • Give back - share with us what you gained by giving |