make kindness the norm.

SAY ONLY POSITIVE THINGS
BE CONFIDENT
LOVE YOURSELF
REMAIN TRUE TO YOUR WORD
ASK A COWORKER HOW THEY ARE DOING (AND REALLY LISTEN TO THEIR ANSWER)
COMPLIMENT SOMEONE
LEAVE NOTES WITH POSITIVE MESSAGES AROUND THE OFFICE
BELIEVE IN YOURSELF
FIND A DIFFERENT AREA IN YOUR OFFICE TO WORK FROM
STAND UP FOR A COLLEAGUE
TIDY UP THE SHARED KITCHEN AREA
ASSUME THE BEST IN EVERYONE
EXERCISE
GIVE SOMEONE YOUR VOTE OF CONFIDENCE
OWN UP TO A MISTAKE YOU’VE MADE
TAKE A WALK DURING YOUR LUNCH BREAK
START AND END THE DAY WITH POSITIVE INTENTIONS
COMPLETE A TASK YOU’VE BEEN PUTTING OFF
BE INCLUSIVE OF OTHERS

TAKE SOME TIME FOR YOURSELF
LEAVE A POSITIVE HANDWRITTEN NOTE FOR A COWORKER
START USING A REUSABLE WATER BOTTLE
DON’T COMPLAIN FOR 24 HOURS
OFFER TO HELP SOMEONE IN NEED
TRY TO BE TRULY PRESENT WITH OTHERS
PRACTICE PATIENCE
OFFER A LISTENING EAR TO SOMEONE WHO IS STRUGGLING
LIST 5 OF YOUR STRENGTHS
TREAT A COWORKER TO COFFEE
FOLLOW A 10-MINUTE STRETCHING ROUTINE
SHOW ENTHUSIASM ABOUT WHAT YOU DO
MAKE SURE EVERYONE IS INCLUDED
TAKE TIME TO LISTEN TO SOMEONE ELSE’S IDEAS
RELAY AN OVERHEARD COMPLIMENT TO SOMEONE
RESPOND TO EMAILS IN A TIMELY FASHION
EXPLORE A NEW PLACE FOR LUNCH
GIVE A CUSTOMER A BIG SMILE
PICK UP LITTER

RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org