

# 28 Days of Random (& Free) Acts of Kindness

1. Take a mom's grocery cart back to the store
2. Share the road
3. Offer a ride
4. Bring in the trash
5. Put Mom's scissors back!
6. Give a scarf to a homeless person
7. Lend a friend a book
8. Ask a friend to join you for a run
9. Shovel someone's snow
10. Share your bounty
11. Pick up for them
12. Share what you know
13. Let them in
14. Give them a call
15. Visit an old person
16. Be kind to yourself
17. Send a happy sentiment
18. Give a hug
19. Offer to babysit
20. Compliment someone's shoes
21. Feed the birds
22. Take criticism with your big girl panties on
23. Go one step further
24. Send a Holiday card to the Troops
25. Invite someone over for dinner
26. Be old-fashioned
27. Volunteer your time and experience
28. *"Be kind...whenever possible. It's always possible"*