

# 30 WAYS TO **#BeKind**

1. **Pray for someone.** Support them during tough times. Celebrate with them during their success and victories.
2. **Start somebody's day off right.** Send them a good-morning text message with a few life-giving words.
3. **End somebody's day well.** In person or via text message—ask how their day was.
4. **Improve your listening.** Wait for a person to stop speaking before interrupting or sharing your perspective.
5. **Before you leave class, say "thank you" to your teacher for an excellent lesson and for caring.** Those two words are powerful.
6. **Don't judge others today with your words and especially in your thoughts.** Kindness begins in your mind and your heart.
7. **Hand-write a note or short letter to somebody.** Use words of encouragement and affirmation.
8. **Embrace that we are all imperfect and make mistakes.** Practice patience and forgiveness with people.
9. **Give flowers or balloons or chocolate to a person who wouldn't necessarily expect such things from you.**
10. **Pay for the person(s) behind you in the drive-thru.**
11. **Stand-up for somebody who has been treated poorly.**
12. **Take initiative and invite a friend to do something they enjoy doing.**
13. **Memories are essential and special.** Call or meet with an old friend about an important or fun time you shared together.
14. **Write somebody a thank you note.**
15. **Invite some friends or neighbors over for a dinner or BBQ.**
16. **Let somebody go in front of you in the check-out line at the store.**
17. **Commit to volunteer and serve others on a regular schedule.** Start serving and volunteering.
18. **Smile and say "hello" to others.**
19. **Don't criticize referees or sports officials.**
20. **Bring cookies to work or school or a sporting event.**
21. **Let somebody in during traffic and give the other driver a friendly wave.**
22. **Purposely talk to somebody who is struggling in a social setting.** They will find comfort and you will have a new friend.
23. **Humor is amazing medicine.** Text or email a funny photo to somebody.
24. **Compliment somebody.** Be authentic.
25. **Leave a business a positive review on Facebook or post a recommendation to a person on LinkedIn.**
26. **Give somebody a hug.**
27. **Keep that sigh to yourself.**
28. **Give your server a large tip and write them a kind note.**
29. **Be kind to yourself.** Nourish and move your body. Get some rest. Forgive yourself. Your improved wellness will give you strength to practice kindness to others.
30. **Create a list of your kindness goals for the next month and year.** Pray, plan, prioritize, and perform!