

## 30 Days of Kindness: A Community Challenge

Check off one act each day

Small steps to spark connection, joy, and reverence for life.

<p><b>Day 1</b> Smile at 3 people today.</p>	<p><b>Day 2</b> Let someone go ahead of you in traffic or in line.</p>	<p><b>Day 3</b> Write a thank-you note (paper or text) to someone.</p>	<p><b>Day 4</b> Hold the door for a stranger.</p>	<p><b>Day 5</b> Compliment a neighbor or coworker sincerely.</p>
<p><b>Day 6</b> Pick up litter in your neighborhood or park.</p>	<p><b>Day 7</b> Share something positive on social media</p>	<p><b>Day 8</b> Drop off a small treat (cookies, fruit, flowers) at a neighbor's door.</p>	<p><b>Day 9</b> Offer to help carry groceries for someone.</p>	<p><b>Day 10</b> Call or visit someone who lives alone.</p>
<p><b>Day 11</b> Share garden produce or pantry extras.</p>	<p><b>Day 12</b> Invite a neighbor for coffee, tea, or a walk.</p>	<p><b>Day 13</b> Leave an encouraging sticky note in a public spot.</p>	<p><b>Day 14</b> Bring garbage/recycling bins in for someone else.</p>	<p><b>Day 15</b> Donate gently used clothes or household items.</p>
<p><b>Day 16</b> Send a short sincere text to someone you haven't checked on lately</p>	<p><b>Day 17</b> Offer to mow, rake, or shovel for a neighbor.</p>	<p><b>Day 18</b> Pay for someone's coffee or meal.</p>	<p><b>Day 19</b> Volunteer an hour at a local charity, food pantry, or school.</p>	<p><b>Day 20</b> Deliver a simple dinner to a busy parent or elderly neighbor.</p>
<p><b>Day 21</b> Call a family member just to say you love them</p>	<p><b>Day 22</b> Ask someone about their story or background — really listen.</p>	<p><b>Day 23</b> Write a positive review for a local small business.</p>	<p><b>Day 24</b> Start a gratitude jar at home (add 1 note per day).</p>	<p><b>Day 25</b> Share uplifting music, books, or movies with a friend.</p>
<p><b>Day 26</b> Invite a few neighbors to a casual potluck or dessert night.</p>	<p><b>Day 27</b> Pray or take a moment of reflection for someone</p>	<p><b>Day 28</b> Encourage a young person in your life, notice something they're doing well and tell them you're proud of them</p>	<p><b>Day 29</b> Say "thank you" to a public worker (teacher, postal worker, firefighter, etc.)</p>	<p><b>Day 30</b> Reflect: Which acts brought you joy? Plan to keep 2–3 as habits.</p>

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