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| **WINNER** |  | Pay for the person behind you in the drive thru line. |  | Compliment the next person you see. |  | Send a positive text to three people. |
| Post positive sticky notes around the office. |  | Donate old towels to the animal shelter. |  | Surprise a neighbor with baked goods. |  | Let the person behind you check out first. |
| Write a LinkedIn recommendation for a connection. |  | Make sure everyone in a group conversation is included. |  | Smile at five strangers. |  | Send a gratitude email to a coworker. |
| Be kind to yourself!  Spend 30 minutes doing something you love. |  | Return shopping carts for other shoppers. |  | Write a positive comment on a friend's social media. |  | Go for a walk around your neighborhood and pick up trash along the way. |
| Compliment a parent on their well-behaved child. |  | Leave a big tip  for your server. |  | Say hello to a stranger. |  | Compliment a stranger. |
| Take flowers or treats to the nurses at the hospital or nursing homes. |  | Send a thank you card to your local police or fire department. |  | Bring treats to your  local librarians. |  | Leave your mail carrier a treat in your mailbox. |
| Place coins around  a playground for  kids to find. |  | Put your phone away when you are with others. |  | Email or write to a former teacher who made a difference. |  | Buy the cashier  a candy bar. |
| Mail a handwritten note to a friend. |  | Donate boxes of tissues to your elementary school. |  | Place dollar bills inside popular or new books at the library. |  | Hold the door open for strangers. |
| Take a far-away parking spot so someone else can have the close one. |  | Volunteer to help your office plan a way to give back at the holidays. |  | Leave treats UPS/FedEx delivery drivers at your home or office. |  | Donate unused items to your local thrift store. |
| Donate a book to a Free Little Library. |  | Purchase something from a local non-profit's or school’s Amazon wish list. |  | Make a donation to the charity of your choice. |  | Empty the office breakroom/kitchen trash. |
| Bring treats to the local school bus garage. |  | Donate blood. |  | Call someone you care about and tell them you love them. |  | Leave a review on social media or Google for a local business. |
| Hug someone today. |  | Prepare (or buy) a meal for someone. |  | Prepare two lunch: one for yourself and one to offer a coworker. |  | Signup to volunteer  in the community. |
| Wash the dishes at  home or work even when it isn't your turn. |  | Offer someone praise in front of other people. |  | Support local businesses. |  | Leave money in or next  to a vending machine  for the next person. |
| Ride your bike  or carpool to work. |  | Let someone merge  into your lane. |  | Donate your gently  used clothes. |  | Encourage someone to pursue their dream. |
| *Labels created using Avery #8195 template.* |  |  |  |  |  |  |