

30-DAY CHALLENGE: Do one kind act per day in July. Here's a list to get you inspired!

<ol style="list-style-type: none"> 1. Hold the door open for someone. 2. Leave a positive review for a business online. 3. Going to a restaurant? Treat your server well. 4. Dispose of litter you see on the street. 5. Switch to paperless billing. 6. Buy a second-hand instead of new item. 7. Text a friend good morning or good night. 8. Write down someone's best qualities. 9. Write a thank you note to your partner. 10. Bake cookies for someone. 11. Let someone else control the remote. 12. Do someone a favor without expecting something in return. 13. Ship a small care package. 14. Complain less. 15. Listen without interrupting. 	<ol style="list-style-type: none"> 16. Pay for someone's dinner. 17. Help someone with their job search. 18. Leave a nice comment on social media. 19. Let someone go in line in front of you. 20. Switch to paperless billing. 21. Buy a second-hand instead of brand new. 22. Text a friend good morning or good night. 23. Offer to pick up groceries for a neighbor. 24. When you're on a crowded train or bus, offer your seat to someone who needs it. 25. Put your shopping cart back in its place. 26. Call or write to a teacher who changed your life. 27. Offer to babysit. 28. Help a friend pack for a move. 29. Pass along a great book you've just finished reading. 30. Mentor someone.
<ol style="list-style-type: none"> 31. Donate items to a shelter or thrift store. 32. Donate to a cause you support. 33. Email an inspiring journalist or blogger to thank them for making a difference. 34. Hide inspirational messages on sticky notes around the office. 35. Hold the elevator door open. 36. Invite a new co-worker to lunch. 37. Leave a nice note on someone's desk. 38. Give someone a gratitude journal. 39. Make someone a playlist. 40. Run an errand for someone. 41. Send a care package to a soldier. 42. Spend time with the elderly. 43. Take your neighbor's dog for a walk. 44. Teach someone to cook a healthy meal. 45. Thank someone for helping you out. 	<ol style="list-style-type: none"> 46. Compliment a parent on how well-behaved their child is. 47. Leave a positive review for a local business. 48. Leave a thank you note or something nice in the mailbox for your mail carrier. 49. Leave a recommendation on LinkedIn. 50. Ask a senior about their life and past. 51. Share your favorite recipe. 52. Buy lemonade from a stand. 53. Have a vegetarian day. 54. Use a reusable water bottle. 55. Map out your family tree with relatives. 56. Switch off electronics overnight. 57. Make a handmade card. 58. Give someone the benefit of the doubt. 59. Donate items to an animal shelter. 60. Bring reusable bags to the grocery store.

Sources: RandomActsOfKindness.org, Oprah.com, Berries.com

