



#BeKind21

BROUGHT TO YOU BY POPSUGAR



- ☐ Check in with a friend you haven't spoken to in a while.
- ☐ Acknowledge someone's work that makes (or has made) your life easier.
- ☐ Buy coffee for a stranger.
- ☐ Spread the word about a great small business in your neighborhood.
- ☐ Rediscover a hobby or interest you had as a kid, like coloring books.
- ☐ Register to vote, or help a friend register.
- ☐ Send a book to a family member or friend.
- ☐ Practice being actively present.
- ☐ Donate supplies to a local school.
- ☐ Compliment a stranger.
- ☐ Buy toiletries to drop off at a homeless or women's shelter.
- ☐ Meditate for 5 minutes.
- ☐ Switch an item you use to a sustainable version.
- ☐ Make and share a fun playlist with a loved one.
- ☐ Write down 3 things you love about yourself.
- ☐ Leave a kind comment on a friend's social media post.
- ☐ Donate to or volunteer for a cause you believe in.
- ☐ Invite a friend to do an outdoor activity with you.
- ☐ Support a local bookstore.
- ☐ Write down 3 things you are grateful for.
- ☐ Create a positivity mood board for yourself.