

The “Spreading Good Vibes” Checklist

Let’s do something lovely for others on purpose!

Here’s a fun and easy-peasy checklist of nice things you can do to spread some love and kindness around.

- HOLD THE DOOR OPEN FOR SOMEONE LIKE A CHAMP.
- TELL A STRANGER THAT THEIR HAIR IS ON POINT OR THEIR SMILE IS MAKIN’ YOUR DAY.
- SURPRISE THE PERSON IN LINE BEHIND YOU BY BUYING THEM A TASTY TREAT OR A HOT BREW.
- FLEX YOUR MUSCLES AND HELP CARRY SOMEONE’S HEAVY BAGS.
- BE A STELLAR LISTENER AND LEND AN EAR TO SOMEONE WHO NEEDS TO CHAT OR VENT.
- SEND A CARE PACKAGE TO MEMBERS OF THE MILITARY SERVING OVERSEAS.
- SHOWER EVERYONE YOU MEET WITH GENUINE COMPLIMENTS ALL DAY LONG.
- LACE UP THOSE SNEAKERS AND JOIN A CHARITY RUN TO FEEL GOOD AND DO GOOD.
- ROLL UP YOUR SLEEVES AND VOLUNTEER AT A SOUP KITCHEN.
- DECLUTTER YOUR BOOKSHELF AND DONATE SOME BOOKS TO YOUR LOCAL LIBRARY TO SPREAD THE JOY OF READING.
- SHOW SOME LOVE TO THE UNSUNG HEROES IN YOUR COMMUNITY BY WRITING A SWEET THANK-YOU NOTE TO YOUR MAIL CARRIER, FIREFIGHTERS, LIBRARIANS, AND NEIGHBORS.
- BE A BOSS AND HELP CLEAN UP YOUR NEIGHBORHOOD BY PICKING UP LITTER AND LEAVING IT BETTER THAN YOU FOUND IT.

- LEARN ABOUT LOCAL AND GLOBAL ISSUES TO SEE HOW YOU CAN HELP MAKE THINGS BETTER.
- BE A SHOPPING CART SUPERHERO AND RETURN THOSE BUGGIES TO THEIR DESIGNATED AREAS TO MAKE LIFE EASIER FOR OTHERS.

Even small acts of kindness can have a big impact on someone's day, so have a blast making the world a better place, one intentional good deed at a time!

“No one has ever become poor by giving.”

ANNE FRANK