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