

Acts of Kindness

Here is a list of acts of kindness that can help spread positivity and brighten someone's day:

- Pay for someone's coffee or meal
- Donate clothes or items to a charity
- Leave a generous tip for a server
- Help someone carry their groceries
- Write a thank-you note to someone who helped you
- Volunteer at a local shelter or food bank
- Offer to babysit for free
- Mow a neighbor's lawn or shovel their driveway
- Compliment a stranger
- Donate blood
- Bake cookies for your neighbors
- Send a care package to a friend or family member
- Hold the door open for someone
- Let someone go ahead of you in line
- Pick up litter in your neighborhood or park
- Donate to a cause you care about
- Help someone with their chores
- Write positive reviews for local businesses
- Offer to run errands for someone in need
- Plant a tree or flowers in your community
- Offer your seat to someone on public transport
- Buy extra groceries and donate them
- Share your favorite book with a friend

Visit **Ineffable Living shop** for more worksheets: <https://payhip.com/IneffableLiving>

- Teach someone a skill you know
- Leave a positive comment on social media
- Bring treats to your office or workplace
- Donate pet supplies to an animal shelter
- Leave quarters in a vending machine or laundromat
- Help a friend with a project or task
- Give someone a ride who needs it
- Bring a meal to someone who is sick or recovering
- Leave a book in a public place for someone to find
- Offer to help a neighbor with yard work
- Leave inspirational notes in library books
- Help someone with their luggage at the airport
- Offer to walk a friend's dog
- Share your umbrella with someone caught in the rain
- Pay for someone's parking meter
- Create care packages for the homeless
- Donate toys to a children's hospital
- Help a colleague with their workload
- Offer to lend a tool or item to a neighbor
- Donate books to a local library
- Bring coffee or tea to your coworkers
- Pay for someone's bus fare
- Offer to house-sit or pet-sit for free
- Give out free bottles of water on a hot day
- Help someone clean their house
- Share surplus garden produce with neighbors