

11 Awesome Ideas to Spread the Love... and the Kindness

Buy coffee for the person behind you in line

Compliment three people you talk to today

Send a positive text message to five different people right now

Post inspirational sticky notes around your house, neighborhood, office, school, etc.

Say hi to the person next to you on the elevator

Surprise a neighbor with freshly baked cookies or treats

Let someone go in front of you in line who only has a few items

Smile at five strangers

Email (or write to) someone who has made a difference in your life

Kids! Tell your principal how great you think your teacher is

Write a thank you note for the people who collect your trash/recycling