



SMILE BIG OR SAY
'HAVE A NICE DAY'
TO A STRANGER



BUY EXTRA WHEN
SHOPPING AND ADD TO
THE FOOD DONATIONS



PICK UP A BIT OF LITTER



LEAVE A HAPPY
STICKY NOTE ON
SOMEONE'S DESK

Little ways to make someone's day



LEAVE A NICE COMMENT
ON A SOCIAL POST



SEND A RANDOM
GOOD MORNING TEXT



GIVE SOMEONE A
COMPLIMENT ABOUT
THEIR PERSONALITY



LASTLY, TREAT YOURSELF
FOR NO REASON. YOU
DESERVE KINDNESS TOO

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