



🌟 The 7-Day Kindness Challenge

Boost Mood • Build Confidence • Strengthen Connection

How it works:

One small act of kindness per day.
That's it. Simple, realistic, powerful.

💬 Day 1 — Compliment Day

Give **3 genuine compliments** today.

Ideas:

- Praise someone's effort at work
- Tell a friend what you appreciate about them
- Thank a service worker sincerely

Tip: Specific compliments feel more meaningful.

💛 Day 2 — Gratitude Message Day

Send **one thoughtful message** to someone you appreciate.

Example:

“I was thinking about you and wanted to thank you for always being supportive.”

Gratitude strengthens relationships instantly.

🤝 Day 3 — Helpful Action Day

Practical tools for emotional clarity, boundaries, and mental wellness.
Cousin Pat Psychotherapy (Dr. Patrick Argiro: Cousin Pat)



Do **one helpful act** without being asked.

Ideas:

- Help with chores
- Assist a coworker
- Offer support to a friend

Small help = big connection.

Day 4 — Kindness to Strangers Day

Be kind to someone you don't know well.

Ideas:

- Hold the door
- Smile and greet people
- Leave a positive review
- Let someone go ahead in line

Kindness spreads fast.

Day 5 — Listening Day

Give someone your **full attention**.

Practice:

- Ask how they are doing



- Listen without interrupting
- Avoid giving advice unless asked

Feeling heard is powerful.

Day 6 — Self-Kindness Day

Kindness includes YOU.

Choose one:

- Take a walk
- Rest without guilt
- Journal or relax
- Do something you enjoy

You can't pour from an empty cup.

Day 7 — Give Back Day

Do one meaningful act that benefits others.

Ideas:

- Donate items or food
- Volunteer
- Support a local business
- Help a neighbor or family member



Giving creates purpose.

✨ End-of-Week Reflection

Ask yourself:

- Did my mood improve?
- Did I feel more connected?
- Which day felt best?

Most people notice changes within **one week**.

❤️ The Takeaway

Small daily kindness → lasting emotional wellness.