

KINDNESS BINGO

Wrote a positive note to myself for inspiration	Treated myself to a massage	Put a surprise note in my child's or partner's lunch	Cleaned up a mess that wasn't mine	Shopped locally instead of at a big box store
Used reusable water bottles	Baked treats for a neighbor	Kept a gratitude journal	Cooked a meal for someone just returning from the hospital	Bought a meal for someone that did not have their wallet
Stayed in my pajamas all day to read or watch my favorite movies	Held open an elevator door	FREE SPACE	Decided to say, 'yes' when someone was expecting a 'no'	Paid a toll for the car behind me
Watered my neighbor's plants	Offered my phone to a stranger to make a needed call	Unexpectedly replaced something that was broken	Took myself on a date	Did someone else's chores
Shoveled snow from my neighbor's driveway	Surprised a friend with a note of appreciation	Smiled at a stranger	Wrote a thank you note for the mail delivery person	Invited someone who was eating alone to join me

**RANDOM ACTS OF KINDNESS
FOUNDATION**

