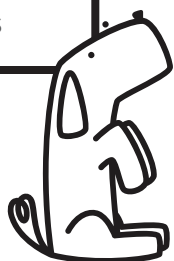


KINDNESS BINGO

Gave a lottery ticket to a stranger	Shopped locally instead of at a big box store	Cooked a meal for someone just returning from the hospital	Surprised a friend with a note of appreciation	Cleaned up a mess that wasn't mine
Watered my neighbor's plants	Held open an elevator door	Sent flowers to someone who needed cheering up	Left a surprise gift for a friend	Unexpectedly replaced something that was broken
Welcomed a newcomer to join my group	Smiled at a stranger	FREE SPACE	Picked up litter	Wrote a positive note to myself for inspiration
Offered a tissue to a person that needed it	Shoveled snow from my neighbor's driveway	Put a surprise note in my child's or partner's lunch	Cleaned up a hiking trail	Offered my phone to a stranger to make a needed call
Stayed in my pajamas all day to read or watch my favorite movies	Used reusable water bottles	Put stray grocery carts where they belong	Decided to say, 'yes' when someone was expecting a 'no'	Treated myself to a massage



**RANDOM ACTS OF KINDNESS
FOUNDATION**