

KINDNESS IN SCRUBS

Part I

1

Give a compliment to EVERY co-worker today

2

Write a nice Google Review for your clinic/other business

3

Send a text to someone saying how much they mean to you

4

Bring one of your fav books for a co-worker borrow it

5

Before coming to work, take a breath, and SMILE

6

Buy or make one of your co-workers lunch

7

Write a secret, kind note for a co-worker

8

Fill a script for someone else, put a ❤️ post it

9

Think of someone's accomplishment, let them know

10

Write a card or note to your manager thanking them

11

Bring coffee or candy in for your co-workers

12

Go to newest team member, ask them what they do for fun

13

Mini "awards" for co-workers "most smiley", "best etc"

14

Busy lobby-go check on every single person

15

Start Kindness Wall at work with post its