

## Share your light, spread kindness and joy!

Smile at a stranger	Check-in on a family member	Support a small business	Share a homemade gift	Thank a Veteran
Send a handwritten note	Spread good news	Create your own	Ask for someone's advice	Visit someone who can't travel
Ask someone to dance	Give a compliment	Self-care (Tai Chi)	Sign up or recommit to volunteer in new year	Offer someone coffee/tea
Share a favorite song or poem	Get to know someone better	Send a care package	Listen with an open heart	Let some- one else go first
Make an anonymous contribution	Offer a hug	Take a walk with a friend	Leave positive a review	Help a neighbor