

25 Positive Karma Activities

US

Acts of Kindness & Service

1. Donate food, clothing, or essentials to those in need.
2. Volunteer at a local community center, shelter, or outreach program.
3. Offer a genuine compliment to someone daily.
4. Help a neighbor or friend with a task or chore.
5. Mentor or guide someone seeking personal or spiritual growth.

Mindful & Spiritual Practices

6. Meditate daily to cultivate inner peace and clarity.
7. Practice gratitude journaling, listing things you are thankful for each day.
8. Pray for the well-being of others, including those you may find challenging.
9. Perform rituals that bless your home or sacred space.
10. Light a candle or incense as an offering for peace and protection.

Environmental & Community Care

11. Clean and declutter your home or personal space.
12. Plant trees, flowers, or a garden to honor nature.
13. Participate in a local cleanup or environmental project.
14. Reduce waste and practice mindful consumption.
15. Share knowledge or skills that can help the community grow.

Relationship & Social Practices

16. Listen deeply without judgment when someone shares their struggles.
17. Forgive someone who has caused harm, releasing yourself and them.

18. Write letters or messages of encouragement to friends, family, or community members.
19. Spend quality time with loved ones, fully present and engaged.
20. Celebrate others' achievements and successes genuinely.

Personal Growth & Integrity

21. Set and maintain personal boundaries respectfully.
 22. Practice honesty and transparency in all interactions.
 23. Offer financial or material help ethically and without expectation.
 24. Take care of your body and mind through healthy habits.
 25. Reflect on your actions daily and commit to improving where needed.
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How to Use This List

- Choose 1–3 activities daily or weekly to maintain positive karma flow.
- Rotate activities to touch different areas: self, community, environment, and spirituality.
- Combine intention with action; conscious effort amplifies the spiritual effect.