

# KINDNESS CHALLENGE

compliment  
a stranger

hold the  
door open

leave a  
positive  
note

donate  
to  
charity

pick up  
litter

help a  
neighbor

buy  
someone  
a coffee

cook &  
deliver a  
meal

give  
flowers

give a  
hug

ask someone  
how you can  
pray for  
them

you  
choose!