

31 Days of... **KINDNESS**

with Ryan and Chelsea Avery

- DAY 1 – Write one handwritten thank you letter
- DAY 2 – Pick up a piece of trash
- DAY 3 – Buy someone coffee/tea or a drink
- DAY 4 – Pass along an article to a friend who could benefit from it
- DAY 5 – Give a hug to someone who could really use it
- DAY 6 – Pick something up that has fallen down
- DAY 7 – PICK YOUR OWN (August 7th)
- DAY 8 – Give a book to a friend
- DAY 9 – Apologize to someone you know you should
- DAY 10 – Buy someone their lunch, breakfast or dinner
- DAY 11 – Leave a \$2 bill on the ground and watch them pick it up
- DAY 12 – Lend your skills/services for free (answer questions)
- DAY 13 – Donate at least one piece of clothing
- DAY 14 – PICK YOUR OWN (August 14th)
- DAY 15 – Create a care package for a soldier
- DAY 16 – Write a comment on someone's blog
- DAY 17 – Send a nice email to a company
- DAY 18 – Bring snacks to work to share
- DAY 19 – Introduce yourself to a stranger
- DAY 20 – Hold the door for someone
- DAY 21 – PICK YOUR OWN (August 21st)
- DAY 22 – Donate a used book to the library
- DAY 23 – Recycle something
- DAY 24 – Support local
- DAY 25 – Leave a 100% tip
- DAY 26 – Leave a fun treat for your mail carrier in your mail box
- DAY 27 – Compliment a stranger
- DAY 28 – Donate at least \$5 to an organization you have never donated to
- DAY 29 – Give thanks to one community servant you don't personally know
- DAY 30 – PICK YOUR OWN (August 30th)
- DAY 31 – PICK YOUR FAVORITE TO DO AGAIN (August 31st)

