

# February Kindness Challenge

by The Joyful Life

1

Send a hand-written note to someone who has impacted you.

2

Pay for someone else's coffee.

3

Do a favor without asking for anything in return.

4

Pick up litter in a parking lot, park, or neighborhood.

5

Insert coins into someone's parking meter.

6

Make a family member breakfast in bed.

7

Bake cookies for a neighbor.

8

Give a stranger a compliment.

9

Take the day to not complain.

10

Write a thank-you note to someone.

11

Clean up a mess you didn't make.

12

Donate books to a library or doctor's office.

13

Make someone a homemade gift or card.

14

Give a big tip at a restaurant.

15

Take someone flowers.

16

Tell three people something you admire about them.

17

Make all of your kids' beds for them.

18

Buy a special treat for your kids or a coworker and leave it where they will find it.

19

Call a friend to ask them how you can be praying for them.

20

Send dessert to another family's table at a restaurant.

21

Take a couple of hours to sing songs or play games at a nursing home.

22

Leave an encouraging letter for someone in your household, taped to their door.

23

Return someone's cart for them at the grocery store.

24

Make an effort to find out something new about a coworker or neighbor.

25

Leave sticky notes in public restroom stalls with uplifting messages and Bible verses.

26

Praise a local business online.

27

Stop to remind a young mom she is doing a great job and these moments matter.

28

Give away your parking spot.