

100 Ideas for Random Acts of Kindness

1. **Befriend the lonely person**
2. **Introduce yourself to your neighbors**
3. **Compliment a stranger**
4. **Sing Christmas Carols at a nursing home**
5. **Adopt an animal from the pound**
6. **Donate your talents**
7. **Send paper thank you notes**
8. **Pay for the coffee, the toll, or the bus fare for the person behind you**
9. **Let the person who seems rushed cut in front of you**
10. **Hold the door open for someone**
11. **Give your boxes to someone who is moving**
12. **Be thankful**
13. **Be encouraging**
14. **Let people merge-in during traffic**
15. **Help people move**
16. **Call your parents and tell them you love them**
17. **Let your partner watch their show**
18. **Send your friend a letter**
19. **Volunteer**
20. **Spread your skills** – If you have a skill (photography, outfit styling, cooking, website programming, etc.) and you know someone who has expressed an interest in what you do offer to teach them what you know
21. **Give freely** – Go through your things and give freely to those in need
22. **Have a shirt that your friend always compliments you on? Why not give it to her?**
23. **Offer to get groceries for your friend or relative who has a broken leg or other mobility problem**
24. **Make extra copies of photos and send them to the people who are in the images**
25. **Offer to help your friend unpack**
26. **Call everyone you know and tell them you love them**
27. **Give warm clothes, shoes, and boots to the homeless**
28. **Help someone whose car has broken down**
29. **Connect people to each other**
30. **Walk the cart back to the front of the store**
31. **Reach out to a person who has made a difference in your life**
32. **Send a care package to a soldier**
33. **Listen when no one else wants to**
34. **Try to find goodness in the person you don't like**
35. **Ask someone if they've lost some weight or tell them that they're "just glowing"**
36. **Know someone who just had a baby or other major life event?** – Bring a meal, offer to clean up their house or do a load of laundry for them.
37. **Do you know that your partner hates doing the dishes but you don't really mind doing them? Do them.**
38. **Don't nag** – Even if you really, really, really want to
39. **Be kind to yourself** – Make peace with your past mistakes. Use that knowledge to help others who might be going through the same thing.
40. **Let it go**
41. **Be someone's cheerleader**
42. **Already sweeping leaves or shoveling the snow off your sidewalk?** – Do your neighbors sidewalk too.
43. **Do nice things and don't tell anyone about it**
44. **Notice a kid being well-behaved?** – Tell their parents how good they are while the kid is standing there. It will encourage the kid to continue being good, and will make the parents feel good.
45. **(Along the same lines as #44) Compliment people in front of others** – For some reason compliments hold more weight when they're done in front of others.
46. **Bring donuts or other delicious sweets to work**
47. **Give chocolate generously and often;**
48. **Tell your boss how much you like working for them and how much you've learned from them over the years**
49. **Bake a cake for the birthday person**
50. **Don't complain**
51. **Be the eternal optimist of the group**
52. **Recognize the good in others**
53. **Look for the best in the situation**
54. **Leave nice comments on blogs, Twitter, and Facebook**
55. **Stand up for the underdog**
56. **Come to the rescue of someone in need**
57. **Smile easily and laugh** – Even at the so-so jokes
58. **Share** – Even if you don't really want to
59. **Let someone else have your seat on the crowded bus, light-rail or subway**
60. **Rather than throwing away obviously lost items turn them into the "Lost and Found" desk**
61. **Do the task no one else wants to do**
62. **Create a happy book** – Gather all your good memories and thoughts into 1 spot
63. **Keep a pen on hand** – Lend it to people when needed
64. **71. Don't leave others waiting for you** – Be on time

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65. **Fill up the gas tank and/or wash the car for your partner and then leave candy on the dashboard for them to find in the morning before work.**
66. **Tell your partner how amazingly “hot” they are**
67. **Tell your partner what a good hair/butt day they’re having**
68. **Tell your partners parents how talented your partner is at something**
69. **Tip generously**
70. **Say “Hi” to strangers**
71. **Smile at people**
72. **Help lost people** – See tourists wandering around lost? Help them out. Be their new local friend. Someone did this for us once and we were so, so thankful.
73. **Offer a ride to someone who is car-less**
74. **Help that stressed parent by offering to babysit**
75. **If the work-day is running late and you know your co-worker has somewhere they have to be offer to stay late so they don’t have to worry about figuring it out**
76. **Thank your co-workers for doing a good job, for getting extra supplies, for thinking ahead, for being easy to work with**
77. **Donate your old car and clothes to charities**
78. **Go to your friend’s kid’s event**
79. **Buy the stuff the neighbor kid is selling** – Moderately, of course;)
80. **Stop at the neighbor kid’s lemonade stand and make a purchase**
81. **Create a “Dress-Up” box for a kid**
82. **Skype or FaceTime with the kids in your life** – My nieces and nephews LOVE FaceTiming and I love to see them smiling and showing off their latest creation or other things that they’re prod of :)
83. **Pick up the tab** – Go up to the waiter and pay when no one is watching (of course only if you’re in the financial situation to do so)
84. **Avoid gossip** – No need to spread any negativity
85. **Give the painter, electrician, or handyman a glass of water or offer them a pop**
86. **Be understanding** – Assume the best in others. If someone is running late or has called in sick don’t assume they’re trying to get out of something.
87. **Go to your friends art opening**
88. **Spread the word** – If you know someone who takes pictures, paints interiors, is a super nanny, a wonderful accountant, etc. Let others know. People who work for themselves *need* word of mouth referrals more than anyone else.
89. **Be inviting** – Ask people to do something with you
90. **Leave extra time in the parking meter**
91. **Don’t write the complaint letter that you’re thinking about writing**
92. **Hang out with the person who just moved to town**
93. **Drop quarters on the sidewalk for people to find**
94. **Leave a whole bunch of pennies heads-up for kids to find on the sidewalk or other public places** – Kids love finding heads-up pennies
95. **Be understanding of traveling parents with the grumpy or noisy kids**
96. **Pack extra snacks and offer them to your co-workers or friends**
97. **Leave good books (or other nice stuff) for your fellow apartment dwellers to take from your shared common spaces**
98. **Compliment people on their homes**
99. **Forgive the person you used to hate back in the day**
100. **Make amends for the wrongs you have done**
101. **Respect your partner and don’t make decisions without their input**
102. **Let someone else have their way without putting up a fight about it**
103. **Donate your vacation or sick days to a person at work who is struggling with cancer or another horrible illness**