

Better For Better

DO SOMETHING NICE FOR SOMEONE TODAY!

Revision 1, April 2020

1. When you see something good, SHARE IT!
2. Donate food to your local food bank.
3. Talk to someone who often gets ignored.
4. Make cards for ill hospital patients.
5. Share the 'DO SOMETHING NICE FOR SOMEONE TODAY' campaign with someone.
6. Write a nice note to put in your child's or spouse's lunch.
7. Forgive someone.
8. Bake cookies, brownies, or your favorite treat for your local police, fire station, garbage man, or whoever you'd like to thank for their work.
9. If you hear people gossiping about someone, jump in and say something nice about that person.
10. Visit a nursing home and talk to someone who's lonely.
11. Pay for someone's coffee behind you in line.
12. Ask someone how their day is going and genuinely listen to their response.
13. Randomly share a small but meaningful gift with someone.
14. Smile at everyone you see.
15. Donate blood.
16. Share a good recipe.
17. Bring coffee and bagels or donuts to work.
18. Donate a blanket(s) to a shelter.
19. Send thank you letters to those in the military.
20. Offer to do yard work for an elderly person.
21. Share a care package for the homeless.
22. Compliment a parent on their children.
23. Receive donations in lieu of birthday gifts.
24. Donate money or goods to those experiencing a life tragedy.
25. Volunteer or donate to help those in need in the hospital.
26. Email or text someone who you haven't talked to in a while who made a difference in your life.
27. Do something to be tidier at home or work.
28. Share a home grown plant or tree with someone.
29. Encourage someone.
30. Become a big brother or big sister.
31. Buy lemonade or ice tea from a child's stand.

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32. Avoid bad news.
33. Let the person behind you in line go first.
34. Bring in some new office supplies.
35. Get involved with MADD.
36. Donate your clothes you no longer wear.
37. Compliment someone you don't know.
38. Donate books you will no longer read.
39. Actually put your grocery cart away in the lot.
40. Volunteer to tutor, mentor, or read to children.
41. Shovel someone else's snow covered driveway.
42. Tell someone all the things you love about them.
43. Volunteer at your local animal shelter.
44. Pay the toll for the person behind you.
45. Become a foster parent.
46. Help others find the positive.
47. Hold a door or elevator for someone.
48. Tip someone at a place you normally wouldn't tip.
49. Let someone in your lane.
50. Get involved with 'MEALS ON WHEELS'.
51. Make a lunch(s) for the homeless.
52. Write a nice note for someone.
53. Randomly make little gift boxes for kids.
54. Send a random kind letter to someone.
55. Help someone that might be a little overwhelmed.
56. Volunteer at your local food bank.
57. Share a bouquet of flowers to show you appreciate someone.
58. Share your talents.
59. Say 'thank you' to someone who made a difference.
60. Join the bone marrow registry.
61. Remember important dates like family and friends' birthdays, anniversaries, etc.
62. Look after someone's pet for them.
63. Learn the unknown names of people you see somewhat regularly.
64. Pay for someone's dinner if you witness something of importance.
65. Support families of troops that are deployed.
66. Drop a few dollars with a small note of kindness for people to find.

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