



## Random Acts of Kindness

1. Compliment the next 3 people you talk to today.
2. Think of someone. Now send them a positive message
3. Say hi to the person next to you at the grocery store
4. Send a gratitude email to a coworker who deserves more recognition
5. Write your loved one a list of things you love about them
6. Pay it Backward: Buy a coffee for the person behind you in line.
7. Leave a note on someone's care telling them how awesome
8. Surprise someone with flowers
9. Tell someone they dropped a dollar (even though they didn't ) and give them a dollar
10. Set an alarm to go off on your phone at 3 different times today. In those moments, do an act of kindness for someone.



assisted living  
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