



Workplace Kindness Challenge

Have fun with our kindness challenge. Try to complete all 50 kindness ideas below.

Wake up early to exercise	Leave a note of encouragement on a co-worker's desk	Smile	Donate to a local non-profit	STOP! Hydrate yourself.
Include someone who might have a new perspective.	Share your favorite song with someone	Create time in your day to connect with someone	Compliment with reckless abandon	Start and end the day with positive intentions
Send an uplifting text to a friend or family member	Laugh until your belly hurts	Treat someone to a cup of coffee (a colleague or stranger)	Download a meditation app and try it out before bed	Help someone that could use an extra hand
Celebrate someone's accomplishment.	Share some positivity	Write a list of things you appreciate about your boss and give it to them	Tidy up a disorganized area (your desk, storage room, etc.)	Text a colleague an encouraging message
Explore your surroundings	Start a gratitude journal	Tell someone they are doing a great job	Make it a point to listen to others and don't interrupt	Write a letter to your future self at futureme.org and schedule it to send back to you in 1 year
Leave a glowing review of a local business online	Take five minutes to think about all your positive relationships	Stop what you're doing and breathe deeply, close your eyes and appreciate your life.	Go for a long walk	Compliment a co-worker on their smile
Buy something from a locally owned business	Practice a random act of Kindness	Call someone you've been meaning to reach out to	Answer your phone with a smile on your face. People can 'hear' your smile	Recommend an uplifting movie or book to someone
Reflect on three things you accomplished this week	Leave coins at a vending machine so someone can enjoy a treat	Tell someone two things you appreciate about them	Relay an overheard compliment to someone	Send someone a card or note of appreciation
Put away your phone while in someone else's company	Bring a yummy treat in for everyone to enjoy	Don't complain for 24 hours	Publicly acknowledge someone who deserves the praise	Text someone a positive message
Change three small things about your routine that will help the environment	Take a walk and reflect on the things that bring you happiness	Remind yourself that you are doing the best you can	Exhibit kindness, even when in a hurry	Sign up to be an organ donor