***The Power of Words***

Compliment someone trying on clothes

Compliment a stranger out loud when you think something kind in your head

Send a thank you text long after a gift when you are using the gift

Say hi as you walk by a stranger

Ask employees how they are doing

Call your parents just to say hi

Tell someone you are thinking of them

Email or tell a manager if an employee did a great job

Give specific compliments

Tell a stranger they are doing a great job with their children

Thank military for their service

Tell a friend you love them

Tell a friend they are enough

Tell a struggling friend you know they are doing their best

Thank a construction worker

Say please and thank you

Write a thank you note and send it in the mail

Thank the person filling your water glass at the restaurant

Ask people for names

Use names when thanking someone who has helped you

Leave positive reviews

Text a friend with a new baby from the store to see if they need anything

Say “bless you” when someone sneezes

Acknowledge homeless people with eye contact and a hello

Learn names of the employees you interact with on a regular basis

Say “I’m sorry” when you mean it

Say “good morning” to the person taking your coffee order

Send a birthday card in the mail

Let parents know when their child has done something kind or courteous

Say hi to a child or adult with special needs instead of looking away

***Spare a Moment***

Open a door for someone

Smile when you hold the door open

Offer to help an older person put groceries in their car

Let someone go before you in line with fewer items

Shovel snow for a neighbor and/or scrape their car

Put your grocery cart away

Offer to put someone else’s cart away

Decorate the front door of a new neighbor to welcome them

Let someone go before you at the doctor if they seem sicker than you

Walk someone’s newspaper up to the porch

Take a cart from the corral instead of taking a new one from the store

Pick up trash if you see it on the ground

Offer the mail carrier or UPS person a snack or water

Send cards to kids in hospital or seniors at assisted living

Share your gifts/talents with the world

Foster a shelter dog

Let someone go ahead in line who is struggling with a crying baby or an antsy toddler

Give your leftovers to a homeless people

Volunteer

Help someone reach an item on a high shelf

Organize carpool

Offer to babysit a new mom’s baby for free

Visit an elderly neighbor

Bake cookies for police and fire department

Make dinner for someone in need

Smile at the salesperson helping you

Put your phone away at the cash register

Help pick up something if you see them dropped

Give up your seat on public transportation

Hold the elevator door even if it means waiting a few extra seconds

Move aside to let someone walk by on the sidewalk

Smile at children or adults with special needs

Make art

***If you have a Few Extra Dollars to Spare***

Pay for coffee behind you (this was a VERY popular suggestion)

Send flowers to a friend

Buy a $10 gift card at Target or grocery store and ask cashier to use it for someone else who needs it

Tip an extra $1-2 on top of what you were planning (may not seem like a lot, but it could change the server’s night if everyone did this)

Shop Buy One-Get One Free sales and donate the free items to an organization

Use Amazon Smile while shopping

Pay for a stranger’s meal who is celebrating a special event

Drop off feminine hygiene products or adult leak protection at a local organization

Tip delivery drivers

Pay for the meal of military personnel

Drop off flowers for a neighbor

Take an elderly neighbor to dinner

Buy coffee for the police offer at the coffee shop

Send a gift from a stranger’s baby or wedding registry

***Kindness of the Road***

Let people merge into your lane

Don’t tailgate

Stop at crosswalks (it’s a law, but I see people ignore pedestrians all the time)

Wave when someone lets you merge

Don’t block cross streets when you are stopped

***Now go out and put good energy into the universe!***

~Aimee (aimeekleiman.com)