

**Acts of Kindness**

**What?**

This month, you’re challenged to do two random acts of kindness each week. It doesn’t matter how big or small. Choose a friend, a family member or a stranger and do something kind.

**How?**

It’s simple, just lend a helping hand by carrying groceries or hold the door for a coworker. You can always surprise your friend with a cup of coffee, too. This month’s challenge is easy – extend a compliment or tell someone they did well on a project. If you need help remembering to practice kindness, print the table below and mark off the acts of kindness as you go.

Example:

	Kind Act 1	Kind Act 2
Week 1	Fruit for team	Let woman go ahead of me in line.
Week 2		
Week 3		
Week 4		

**Why?**

Studies have shown that generosity and acts of kindness actually increase well-being more than material items. In other words, be kind and paying it forward can improve one’s happiness and overall health. Take this opportunity to change someone’s day and you might find it changes, yours, too!