

DECEMBER 2018

1. GIVE SOMEONE A HUG OR COMPLIMENT	2. LET SOMEONE IN FRONT OF YOU IN LINE	3. BUY A FRIEND OR COLLEAGUE COFFEE	4. HOLD THE DOOR OPEN FOR SOMEONE	5. GIVE A FRIEND OR LOVED ONE YOUR FULL ATTENTION
6. DONATE A CHRISTMAS PRESENT TO A CHARITY	7. TELL A JOKE TO MAKE SOMEONE SMILE	8. DO SOMETHING KIND FOR YOURSELF	9. HIDE A HAPPY NOTE FOR SOMEONE TO FIND	10. DONATE UNWANTED BOOKS TO CHARITY
11. TAPE SOME MONEY ON A VENDING MACHINE	12. SMILE AT A STRANGER OR 2, OR 15	13. GET IN TOUCH WITH AN OLD FRIEND OR RELATIVE	14. LET A CAR IN FRONT OF YOU IN TRAFFIC	15. WRITE OR SEND A THANK YOU NOTE TO SOMEONE
16. SMILE AND THANK SOMEONE WHO SERVES YOU	17. TELL SOMEONE YOU LOVE THEM	18. PAY FOR A STRANGER'S COFFEE	19. OFFER TO HELP SOMEONE	20. FEED ANIMALS (BIRDS, DEER, ETC.)
21. DONATE UNWANTED CLOTHES TO CHARITY	22. DO SOMETHING UNEXPECTED FOR SOMEONE	23. GIVE A TREAT TO YOUR POSTAL CARRIER	24. DO SOMETHING KIND FOR YOURSELF	25. REFLECT AND RECORD HOW MUCH JOY THIS SEASON BROUGHT YOU

ADVENT OF KINDNESS

