#marchkindnesschallenge #spreadgoodness

1. Give 5 hugs
2. Ask, "How can I make your day better?"
3. Hold the door open for a stranger, open the car door for a loved one
4. Do another's chore
5. Write a letter and mail to send cheer
6. Be kind to yourself, do at least one thing you love today
7. Make a handmade card and give to a friend
8. Smile at everyone you see today
9. Give a stranger a compliment
10. Hide random love notes
11. Stack dishes and clean up your table at a restaurant
12. Look others in the eye, smile and pass along well wishes for the day
13. Use extra kindness in your words such as please, thank you, I appreciate you, etc.
14. Cook a meal for a loved one
15. Buy a bouquet of flowers and randomly distribute

16. Dance to lift your spirits
17. Say you are sorry to make amends
18. Make a list of people to forgive and list why you would feel better to forgive
19. Give compliments in all your interactions
20. Be kind to your body, eat only wholesome foods
21. Be silly to create laughter
22. Call a loved one just to express your love and appreciation
23. Write 5 letters of appreciation (mail or email)
24. Leave a small gift on your neighbor's doorstep
25. Bring in your neighbor's trash can
26. Plan a game night
27. Say, "I love you" as many times as you can
28. Kiss a loved one
29. Give a massage
30. Plan a walk and talk and truly listen to each other
31. Clean out clutter and donate clothes, electronics, household items to an organization such as the Lupus Foundation of America as they pick up (844-355-8787)

Spread the Word:
Use hashtags:
#marchkindnesschallenge
#spreadgoodness

Social Media:
- Facebook: follow via Zendoway
- Instagram: @kerrywekelo

Invite Others to Join!!

Questions:
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Enhance Your Day