

Appendix: Acts of Kindness Planner

This planner is used in Chapter 15.

Instructions: Begin by reading through this list of kind acts and put a letter in the “Try” column to indicate those you would most like to try. Put an “A” for those you would most like to try, a “B” for those that aren’t quite as high on your list, and a “C” for those you would like to consider again at some point. After you have tried any of them, put in a grade (A, B, C, D, etc.) to indicate how much of a positive impact doing the kind act had on you (the “Self” column) and any others that the kind act was for (the “Other” column).

A	Actions	Try	Self	Other
1	Wash someone’s dishes.			
2	Let a person at the coffee shop have the cream before you.			
3	Put stones with kindness quotes in random public places.			
4	Return shopping carts when you are walking into the store.			
5	Hold the elevator for someone or let people go in before you.			
6	Be kind to someone when they are being mean or rude to you.			
7	Save a parking spot for someone when you are leaving yours. (Flag them down)			
8	Grab the door for someone when they are coming in to a place that you are already in.			
9	Leave quarters in the quarter slot, enough for a load of laundry at the laundry mat.			
10	Give up your seat to anyone who needs it.			
11	Hold the door open for someone.			
12	Laugh wholeheartedly at someone’s joke.			
13	Help someone put luggage into the overhead bin or grab it off the baggage claim line for them.			
14	Let someone get in line in front of you at the grocery store and tell them you have plenty of time.			
15	Tell someone a funny joke.			
16	Grab someone else’s tray to dump at a fast-food restaurant.			
17	Offer to spot someone at the gym.			
18	Text a random number and tell them to have an awesome day!			
19	Post a string of motivational quotes on social media.			
20	Answer a question on Quora in your area of expertise to help someone out.			
21	Say happy birthday to someone you see when you get notified that it is their birthday on Facebook or other social media.			
22	Put a kind note in the pocket of jeans or a jacket at the store that tells them you hope they find what they are looking for.			
23	Let someone in when driving in traffic.			
24	Tell someone how funny you think they are.			
25	Be genuinely nice to someone who is cold calling you without feeling like you have to buy what they are selling.			
26	High five someone to help them celebrate something good for happening for them.			
27	Help someone fix a flat tire.			
28	Leave a newspaper or magazine for someone to read for free.			
29	Pick up weights or help unload weights for someone at the gym.			
30	Put a note on someone’s car wishing them a good day.			

B. At Home	Try	Self	Other
1	Unexpectedly, tell your spouse you love them.		
2	Practice identifying the strengths and positive qualities of friends and family members and then tell about it.		
3	Call the person who was the biggest positive influence on your life and let them know how much they mean to you.		
4	Ask if you can grab anything for anyone when leaving the house or going outside the office.		
5	Do someone else's chore in your household.		
6	Put away dishes your roommates left out to dry while you are cleaning up.		
7	Do your roommate's laundry when you are doing yours.		
8	Let someone borrow your computer or printer.		
9	Clean the house so that your loved ones or roommates come home to a sparkling clean home.		

C. At Work	Try	Self	Other
1	Help a friend find a job or better job if they already have one.		
2	Praise a co-worker to your manager. Either in front of them or without them knowing.		
3	Praise your boss either verbally or through a thank you note		
4	Let someone know about a job opening that you saw.		
5	Make a pot of coffee when the coffee is low at the office.		
6	Bring donuts and coffee to your work one day.		
7	Clean out the microwave at work. That thing gets nasty and everyone will appreciate it		
8	Bring extra food for lunch at work and give it away.		
9	Offer to cover a person's shift or work to give them time off.		
10	Invite a co-worker or friend over for a home cooked meal.		
11	Make a meal for someone, breakfast in bed, or bring lunch to a co-worker.		
12	Bring a candy bar to a friend at work.		
13	Put a bowl of candy out at the office. Or, put out healthy snacks to promote wellness.		
14	Offer up one of your sick days to someone who really needs a 14 day off or stay late for a co-worker who needs to get home.		
15	Create a connection with someone you know that can make for a good professional or personal contact.		

D. Caring/Empathy	TRY	SELF	OTHER
1	Try to put yourself in the shoes of someone you are angry with, so you can better understand them.		
2	Be someone's accountability partner in helping them make a positive change.		
3	Offer someone a ride to an appointment or meeting where it takes forever to find parking.		
4	Offer to take someone's photo when they are trying to take one of themselves.		
5	Hold someone's hand when they are sharing their hurt or pain with you.		
6	Reach out to someone who you lost touch with and tell them how much the time with them meant to you.		
7	Give a bottle of water to a homeless person.		
8	Tell someone who is sick or has a broken limb that you hope they experience the quickest recovery ever		

9	Pray for someone else and tell them you are praying for you.			
10	Go over and above to help someone who is lost. See if you can help them find their way.			
11	Ask someone you care about if you can give them a hug because they are so important to you.			
12.	Turn your phone off when talking in person or put it away.			
13	Tell someone you believe in them.			
14	See the best in someone and tell them about it.			
15	Talk to a person you think is lonely to see how they are.			
16	Go play a game with someone at a retirement community.			
17	Use chalk to write a positive message or quote on the sidewalk of a street where a lot of people will see it.			
18	Ask someone who has suffered a loss how they are doing.			
11	Help an elderly or disabled person put their groceries in the car.			
20	Truly listen to someone without interrupting them.			
21	Make better eye contact when people are talking to you.			
22	Practice active constructive responding to share the excitement and celebrate with someone who has good news.			
23	Walk an elderly or disabled person across the crosswalk to make sure they get there safely			
24	Pay someone a thoughtful compliment in front of others.			
25	Smile at every stranger you walk by on the street.			
26	Buy an umbrella to give to a homeless person when it is raining.			
27	Genuinely listen to someone with a different political viewpoint and thank them for helping you understand it.			
28	Write a motivational or encouraging message on a napkin and leave it at a restaurant or bar.			
29	Don't interrupt someone when they are talking.			
30	Give the person next to you a word of encouragement at the gym to keep up with the healthy habit.			
31	Ask someone who you think experiences discrimination what it is like and if there is anything you can do to make it better.			
32	Stand up for someone who is being bullied or harassed.			
33	Ask someone you care about how you can help them achieve their goals or dreams.			

E.	Children	TRY	SELF	OTHER
1	Bring colouring books and crayons to pediatrics in the hospital.			
2	Tell a parent or child and tell them how you appreciate them.			
3	Leave some change at the playground for kids to find with a note telling them they are special.			
4	Help a mother carry her stroller over a curb or upstairs.			
5	Compliment a family on how nice they are in public.			
6	Let a friend who is a parent know your favourite quality about their child or how they parent their child.			
7	Sponsor a child in need.			
8	Go to the sports game of a friend's kid and cheer them on.			
9	Leave a dollar bill on the ground near where children are walking and watch how much joy they get from finding it.			
10	Read to children during story time at your local library			
11	Pay way more than kids charge at a lemonade stand.			
12	Babysit a friend's kid for free.			

F.	Compliments/Encouragement	TRY	SELF	OTHER
1	Compliment someone on their unique style or for being true to themselves.			
2	Tell someone you look up to them because they didn't give up.			
3	Text someone you care about and tell them you were thinking about them and hope they are well.			
4	Write a letter or email to someone you are grateful expressing your gratitude to them			
5	Tell someone how much they mean to you			
6	Compliment someone on how well they have raised their kids.			
7	Dedicate a song on the radio to a friend, family member or loved one.			
8	Let a couple know how much you admire their relationship.			
9	Compliment someone's smile.			
10	Tell someone how nice their new haircut looks.			
11	Tell someone how good it is to see them.			
12	Text someone you just met up with or talked to about how you much enjoyed the conversation and the time they took to chat.			
13	Compliment someone's beard by saying how folically gifted they are.			
14	Say something super nice about someone who people are gossiping or saying bad things about.			
15	Tell someone how great they look in what they're wearing.			
16	Put positive comments on someone's blog.			
17	Tell someone you believe in them when they tell you they have something they want to achieve.			
18	Write a letter or email to someone you look up to telling them how much you admire them.			
19	Write an encouraging message, print out copies, and put them in public places where others will find them			

G	Donations	TRY	SELF	OTHER
1	Donate old toys to Toys for Tots so less fortunate children around the world can have a great Christmas.			
2	Donate your computer to a student who may not be able to afford one.			
3	Become an organ donor.			
4	Ask people to donate to the homeless on social media and offer to pick up and deliver to a homeless shelter.			
5	Give your extra books to the library as a donation.			
6	Donate your old phone or charger			
7	Donate to a cause when asked when checking out at a store.			
8	Create a Go Fund Me page for a cause you care about.			
9	Give your old bike to someone who doesn't have a car.			
10	Donate your hair.			
11	Donate things you don't need any more.			
12	Participate in a fundraiser for a cause you care about.			
13	Donate clothing for someone who is homeless.			
14	Donate a pint of blood or plasma.			
15	Donate canned goods to a food pantry.			
16	Do a run or a walk for a cause you believe in.			

H.	Family and Friends	TRY	SELF	OTHER
1	Offer to house sit for a friend while they are on vacation.			
2	Text a simple "Good Morning" and tell them you hope they have a great day			
3	Offer to help a friend to unpack after they have moved or when they get home from a long trip.			
4	Bring in the neighbor's trash cans when you bring yours in.			
5	Help a friend move.			
6	Offer to be the designated driver one weekend.			
7	Give away your boxes to a friend that you know that is moving.			
8	Give away the last slice of pizza or cake.			
9	Pick someone up from the airport.			
10	Help with yard work.			
11	Help shop for deals for their next trip. Deals on travel, expenses, fun etc.			
12	Throw a block party and invite everyone.			
13	Buy a friend a week's worth of groceries.			
14	Bring a sick friend soup or something else they can enjoy.			
15	Buy a lottery ticket and put a note on it that you hope they win the big bucks.			
16	Encourage the person to go for their goals to get what they want.			
17	Wash the car.			
18	Put a friend on your gym membership for a month to get them started with fitness.			
19	Throw a surprise party for someone you care about.			
20	Send a copy of a photo of a good memory to family or friend.			
21	Share discount coupons that you find.			
22	Wipe down the windshield of the car when you stop together at a gas station			
23	Send an email of a funny joke.			
24	Tell someone what your favourite quality about them is.			
25	Throw out the trash on the way out of the house.			
26	Use social media to let someone know how big of an impact they have had on your life.			
27	Buy a book about someone or something you know they like.			
28	Send a Amazon gift card.			
29	Run an errand.			
30	Celebrate a victory or promotion by buying them lunch and asking them to tell you all about it.			
3132	Send a song or song lyric that describes your relationship or what they mean to you.			
33	Call someone who is down or stressed and tell them you are there to help them get through it.			
34	Buy a book voucher for someone you know who loves to read.			
35	Send copies of an inspirational book.			
36	Create a digital album. Fill it with good memories or pictures you have taken of them.			
38	Create a thoughtful playlist for someone close to you.			
39	Make a custom-made shirt or hat.			
40	Write a get-well card to someone who is sick			
41	Offer to read a book or magazine to a friend or loved one.			
42	Call and laugh about your favorite memory with them.			
I.	Gifts	Try	Self	Other
1	Buy a bus ticket for someone.			

2	Buy a fitness product for the person that always checks you in at the gym.			
3	Bake cookies or muffins and bring them to all the bank tellers at your preferred bank			
4	Hand out bottles of hand sanitizer for people during flu season.			
5	Bring someone a souvenir or unique gift from somewhere you traveled to.			
6	Pass along a good book that you have just read to someone you think may appreciate it.			
7	Pay the road or bridge toll for the person driving behind you.			
8	Buy the movie ticket for the person in line behind you.			
9	Buy the food or drink of the person behind in the drive through.			
10	Buy an audio book for someone you know who commutes a lot.			
11	Buy a drink for a person that sits next to you at the bar.			
12	Give someone the gift of time.			
13	Leave extra money in the vending machine so someone can get a free snack.			
14	Buy a homeless person a meal.			
15	Offer a free weekend class that teaches kids what you know.			
16	Give a homeless person your jacket.			
17	Ask a waiter if they have recently received a bad tip and then make up for it by giving them extra money.			
18	Pay for the haircut of someone getting cut next to you.			
19	Bring extra coupons and give them out to people in line at the store you go to.			
20	Buy flowers for someone and put them where they will find them with a thoughtful note.			
21	Buy a sweet treat for someone else when you buy your own.			
22	Give someone else the cab that you flagged down.			
23	Share a cab with someone and pay the whole fare.			
24	Return someone's book and/or pay off someone's past due library charges.			
25	Buy the groceries for someone behind you in the grocery line.			
26	Anonymously pay for someone's meal when dining out.			
28	Buy sunglasses for a homeless person if it is bright out.			
29	Buy a sweet treat for someone else when you buy your own.			

J.	Kindness to/about Nature/Animals/The Environment	Try	Self	Other
1	Give thanks to nature and the beauty it offers to us.			
2	Volunteer at the animal shelter and bring treats for the animals.			
3	Build a bird feeder and put food in it for birds.			
4	Feed some birds.			
5	Buy some toys for your friend's dog.			
6	Comb your friend's dog.			
7	Walk someone's dog for them.			
8	Put out a cup of water when you see a dog leashed up.			
9	Adopt an animal.			
10	Pet someone's dog and tell them how much you like their dog.			
11	Paint or clean off graffiti.			
12	Start to recycle more often.			
13	Pick up trash on your street or walking trail.			

K.	Saying Thanks	Try	Self	Other
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1	Tip a musician who is playing on the street and wish him/her the best.			
2	Leave a large tip for a waiter or some other hospitality worker.			
3	Give someone working on your house, like a painter, electrician or plumber, a soda or cold glass of water.			
4	Tell your grocery checker you appreciate everything they do and hope they have a good day.			
5	Reach out and thank your favorite company or brand for the products or services they create.			
6	Thank a soldier for their service and offer to buy them lunch or coffee.			
7	Thank every veteran you meet for their service.			
8	Write a thank you letter to a soldier or veteran.			
9	Say thank you to anyone who helps you and mean it.			
10	Directly thank a police officer for the work they do.			
11	Thank the cooks at a restaurant for cooking you such great food.			
12	Reach out to a former teacher letting them know how much you appreciate them.			
13	Wave to a firefighter or police officer to thank them for their service.			
14	Reach out to the pastor of your church and tell him or her how awesome their messages are			
15	Tell the person who serves you coffee how much you appreciate the caffeine and how you wouldn't be the same without them!			
16	Leave an online review about how awesome a restaurant and/or the service was.			

L.	Kindness to One's Self	Try	Self	Other
1	Get up a little earlier each morning and give gratitude for the things and people in life you are grateful for.			
2	Meditate on what you can do to contribute to the happiness of another person in your life.			
3	Congratulate yourself for being a part of this challenge.			
4	Be kind to yourself by letting go of a mistake you made.			
5	Be kind to yourself by asking for help when you need it.			
6	Meditate for ten minutes as an expression of self-kindness.			
7	Write a forgiveness letter to yourself for something you did.			
8	Allow yourself to feel good about yourself for having read through this list.			
9	Write a forgiveness letter to someone who has harmed you and send it if you think it is appropriate.			