

you make me  
**HAPPY**

## 20 Simple Things You Can Do Everyday To Show Kindness

1. **SMILE**

2. SAY A FRIENDLY HELLO TO A STRANGER

3. SINCERELY COMPLIMENT SOMEONE

4. FAVORS: HOLD A DOOR, PICK UP OR CARRY SOMETHING, ETC.

5. **SMILE**

6. SAY I LOVE YOU TO SOMEONE YOU LOVE

7. HUG SOMEONE

8. HIGH FIVE SOMEONE

9. THANK SOMEONE

10. **SMILE**

11. CONTRIBUTE 10 OR MORE MINUTES TO A GOOD CAUSE

12. GIVE SOMETHING TO SOMEONE (FOOD, \$, FLOWER, ETC)

13. DO ANONYMOUS FAVOR FOR FAMILY MEMBER OR FRIEND

14. MAKE SOMEONE LAUGH

15. **SMILE**

16. DEFEND SOMEONE

17. EXPRESS CONCERN FOR SOMEONE WITH NEEDS

18. TALK TO SOMEONE SHY OR LACKING CONFIDENCE

19. "DO UNTO OTHERS AS YOU WOULD HAVE THEM DO UNTO YOU"

20. **SMILE** ☺

**Kindness  
matters**