AOK Lives - Acts of Kindness

Make someone's day.

28 DAYS. 28 ACTS OF KINDNESS. ONE SIMPLE CHALLENGE.

Start any day. Try these in any order. Tick each one you complete. No cost or signup needed.

- [ ] 1. Give someone a genuine compliment.
- [ ] 2. Call someone who may be feeling lonely.
- [ ] 3. Thank someone whose work goes unnoticed.
- [ ] 4. Send an encouraging message to a friend.
- [ ] 5. Listen without interrupting.
- [ ] 6. Offer to help a neighbour.
- [ ] 7. Tell someone what you appreciate about them.
- [ ] 8. Smile and greet someone warmly.
- [ ] 9. Let someone go ahead of you in a queue.
- [ ] 10. Check in on a relative or old friend.
- [ ] 11. Write a positive review for a small business.
- [ ] 12. Share a useful skill with someone.
- [ ] 13. Pick up litter safely in your neighbourhood.
- [ ] 14. Ask someone how they really are.
- [ ] 15. Celebrate someone else's good news.
- [ ] 16. Leave a thoughtful note for someone.
- [ ] 17. Offer practical help without being asked.
- [ ] 18. Introduce two people who could help each other.
- [ ] 19. Thank a teacher, mentor or volunteer.
- [ ] 20. Be patient with someone having a hard day.
- [ ] 21. Share a happy memory with someone.
- [ ] 22. Encourage someone working towards a goal.
- [ ] 23. Hold a door and offer a friendly smile.
- [ ] 24. Ask a neighbour if they need anything.
- [ ] 25. Give someone your undivided attention.
- [ ] 26. Speak kindly about someone who is not present.
- [ ] 27. Forgive a small annoyance and move on.
- [ ] 28. Tell someone they made a difference to you.

Loving the kindness challenge?

You can also explore an optional paid Ambassador opportunity that helps spread kindness and support good causes, with potential income from eligible activity.

https://aoklives.com/go/paulh

The Ambassador role is paid. Earnings are not guaranteed. AOK Lives is completely free.