

Do something kind
for yourself



Feed Animals



Tell
someone
you
love
them

Tell a joke to
make someone smile



Let someone
in
front of you
in line



Donate unwanted
clothes to charity

Offer
to
help
someone



Hold the door
open for someone

Write or send
a thank you
note to someone



 HUG ME
Give someone a hug
or compliment

Do
something
unexpected
for someone



Offer
to
help
someone

Let a car
in front
of
you in
traffic



Smile at a stranger or two or 15



Hide a happy note for someone
to find



Pay for a
stranger's coffee



Donate a
Christmas
present
to
charity



Get in touch with
an old relative
or friend



Donate unwanted books to charity



Buy a
friend or
colleague
coffee



Make a
handmade
Christmas
card



Give a friend or
loved one your
full attention



Give a treat
to your
postal carrier

Reflect and record how
much joy this season brought
you

