

LIST OF CHALLENGES

Smile at a stranger.

Offer to help someone carry their grocery bags to the car.

Wave as you pass another car or a person walking.

Let someone into traffic when you're waiting at a stoplight.

Hold the door open, smile, and say hello to the person behind you.

Pay for the next person-in-line's meal.

Cook a meal for a family.

Write an encouraging note.

Text someone an uplifting Bible verse.

Send someone an unexpected gift.

Engage in conversation with someone you just met.

Tell a stranger to have a good day.

Offer to help someone for no reason at all.

Give a random person flowers.

Let someone cut in front of you in line.

Give someone a compliment.

Take a friend out to eat.

Invite someone who needs encouragement to your home for dinner.

Send a card to someone who you just met or lost contact with.

Check in with a person who has recently lost a loved one.

Call a family member to say thanks.

Plant flowers or clean up a person's yard.

Babysit (for free) a child in your life so the parents can have a night off.

Visit someone who needs company.

Bring an unexpected cup of coffee to a co-worker.

Give up your seat for someone.

Email someone thanking them for something.