

Even if you just picked one bingo square, you will have made a positive difference in the world and in your life!

Pay for someone else's parking

Ask someone busy, how can I support you today

Ask someone new in your life out for coffee

Stop and chat with a homeless person

Take the afternoon off and do something you like

Hold the door open, make eye contact & smile at the person behind you

Take
someone out
to lunch
today and
pay

Make a charitable donation to something you believe in

Don't blame or complain about anything or anyone - all day Pick up garbage you see around you Give someone a thoughtful compliment Buy the next person in line their coffee or lunch

Give someone flowers or a nice plant Pay for someone else's parking

Send someone a handwritten note, thanking them for being in your life Clean up after someone else - just because

#bekind www.itsyourchoicetoday.com

