



## The 30 Day Random Acts of Kindness Challenge

Random Act of Kindness	Tick
1. Write and send someone a handwritten letter.	
2. Buy a lottery ticket and give it to a complete stranger or perhaps leave it on someone's windscreen.	
3. Pay for someone's parking or their toll crossing.	
4. Leave change in a vending machine or buy the chocolate and leave it in the machine for the next person to find.	
5. Buy a coffee for a homeless person or elderly person and have a normal conversation with them.	
6. Bring in your neighbours bins.	
7. Take your friends dog for a walk.	
8. Give a compliment/positive feedback about your waiter or waitress to their manager.	
9. Send someone a small gift anonymously.	
10. Let someone jump the queue at the post office/bank/supermarket or bar.	
11. Pay for the drinks for the people at the next table at a bar or cafe.	
12. Treat a friend without a specific reason to do so, even if it is just making them sandwiches and sharing them at lunchtime.	
13. Give an extra large tip to someone when they least expect it.	
14. Hold the train or lift door open for someone rushing to get in.	
15. Make a home-made card and sent it to a friend.	
16. Offer to babysit for some friends or new parents and start not just when their evening starts but a few hours before so they can really appreciate their time together.	
17. Pick up some rubbish you see in the road.	
18. Give a heartfelt compliment to a work colleague for a job well done.	
19. Recommend a competitor to a potential client.	
20. Smile and say good morning to a stranger.	
21. Tell someone how much you love and appreciate them.	
22. Leave a copy of a well loved book you have read on a train or bus for someone else to read.	
23. Buy an inspirational book for a friend.	
24. Send a thank you note to someone who has made a difference to your life.	
25. Buy a book from a random Amazon Gift List.	
26. Donate to a random charity page on Justgiving and wish the person good luck.	
27. Bake someone a cake or some biscuits.	
28. Contact a friend you haven't seen for a while and remind them of a happy memory from your shared past.	
29. Call a grandparent or elderly relative for a chat.	
30. ??? – YOUR CHOICE!	

See [www.pureconfidence.co.uk/blog](http://www.pureconfidence.co.uk/blog) for more details about how to get involved, contact Jo Ellis on [jo@pureconfidence.co.uk](mailto:jo@pureconfidence.co.uk) or visit [www.pureconfidence.co.uk](http://www.pureconfidence.co.uk)

Adapted from [www.Hypnotension.com](http://www.Hypnotension.com) Random Act of Kindness Ideas.