

100 ACTS OF KINDNESS J ount? Write a heart-felt recommendation for

- 1. Have a LinkedIn account? Write a heart-felt recommendation for a client or connection.
- 2. Compliment the first three customers/employees you see today.
- 3. Post inspirational sticky notes around your office, etc.
- 4. Anonymously leave a gift card on an employee desk with a post-it note stating "You are doing a great job!'
- 5. Create a quiet space for mental health breaks during the work day.
- 6. Invite customers to nominate other companies to receive a "gift."
- 7. Send a positive text message to five different people.
- 8. Add value: Offer free virtual classes your customers will appreciate.
- Leave a note on an employee's car letting them know how awesome they parked. For extra fun, make it appear to be a traffic ticket.
- 10. Plan it! Set an reminder to go off 3 times a day. Do something kind every time it alerts you.
- 11. The easiest way to show kindness is to SMILE! Share it freely.
- 12. Client or employees working late hours? DoorDash a meal for the team.
- 13. Give a public social shout-out to a vendor or an associate.
- 14. Exemplify graciousness. Allow others to enter lanes, doors, elevators or any other type of queue — first.
- 15. Support a client or employee's challenge (personal illness, disabled child, ailing parent) by donating in their name, dropping off a meal, or participating in a run, walk, benefit or fundraiser.
- 16. Surprise a client with a special "something" they mentioned when you first met that shows you were listening closely.
- 17. Allow employees to use "GoodSearch.com" 1x a day for 15 minutes.
- 18. Challenge your clients in a coin-fundraiser on behalf of a worthy cause.
- 19. Post an inspirational quote every day.
- 20. Clean the car windshields of your employees.
- 21. Write a glowing character review for an employee/client/connection.
- 22. Help a local business, shelter or non-profit as a team building activity.
- 23. Invite lower-tier members of your organization to address the leadership about ideas for improvements.
- 24. Using a dry erase marker, write a kind message on the company bathroom mirror.
- 25. One day a quarter Host a "Bring your dog to work day!"
- 26. Send a gratitude email to a coworker who deserves recognition for their attitude or efforts.
- 27. Practice self-kindness and spend 30 minutes doing something you enjoy doing or sharing.
- 28. Connect two business associates who you think could work together.
- 29. Give something to your client with their hobby in mind.
- 30. Generate a professional clothing drive to give to the less fortunate.
- 31. Establish a lenient work-from-home policy for employees.
- 32. Offer free body-language training for your team.
- 33. Reach out to at least 4 business acquaintances a week with a warm email or message.
- 34. At the weekly business meeting, go around the table and ask who and why each is grateful for at least one other team member.
- 35. Employee or customer struggling with an ailing family member? Give paid time off or send a "get well" basket.
- 36. Buy a plant for a client or your office and write the company brand values on the pot.
- 37. Donate office items when updating, instead of selling them.
- 38. Write a positive comment on your favorite blog, website or social media influencer's website or social.
- 39. Share an associate's accomplishments publicly.
- 40. Create an employee holiday as a bonus paid day off for goals met.
- 41. Share compliments about a person where they can overhear.
- 42. Model empathy with your clients and staff.
- 43. Ask someone how you can help them today. Errand? Hug? Listen?
- 44. Make "exceeding expectations" a company value.
- 45. Rather than displaying your slogan and logo on pens, cups, shirts; put an uplifting statement and small URL only.
- 46. Leave a server the biggest tip you can afford, regardless of service.
- 47. Model cleanliness. Pick up litter or do light clean up as you go through your day.

- in a branded vehicle or traveling as an employee.
- 49. Everyone is important. Learn their name, regardless of position.
- 50. Send someone a list of things you value about them.
- 51. Provide a pet lover a pet treat box or an article about their breed.
- 52. Give Grace. Even if they do not seem to deserve it.
- 53. Surprise clients/vendors with a meaningful gift.
- 54. Run an errand for a team member who is busy.
- 55. Refer business to a friend who is down on their luck.
- 56. Put your phone away when in the company of others. 57. Tell a former teacher, mentor or employee that they made a difference.
- 58. Write "YOU MATTER" on gift cards and hand them out to service providers (waitress, delivery, etc).
- 59. "Adopt" a senior home for your company to sponsor & visit.
- 60. Create a "shout-out box" for employees to add an anonymous note about something another worker did that was worthy of a shout-out.
- 61. Give discounts to essential workers: Police/Fire/Teachers.
- 62. Make a point to tell upper-management when you receive great service.
- 63. Provide employees pre-stamped postcards to thank vendors/clients.
- 64. Bring fun snacks or local restaurant specialty to a meeting.
- 65. Create a letter drive for military or essential workers.
- 66. Crowdfund for a client or employee need (wheelchair, van, money).
- 67. Provide a laugh. Text/email a joke to coworkers keep it clean and PC.
- 68. Encouraged good-natured competition. Night shift vs. Day shift?
- 69. Donate any event leftovers to shelters or elder care homes.
- 70. Volunteer for a local non-profit/school to teach or help distribution.
- 71. Follow-up with client or employee months after trauma. Show that you are still thinking of them, long after the rest of the world has moved on.
- 72. ALWAYS like and share client/potential client social posts.
- 73. Introduce associates like they are rock-stars.
- 74. Model positivity. Help others seek the positive in each situation.
- 75. Throw a holiday party for kids in need and hand out gifts from your business. Invite other businesses to participate/donate/fundraise.
- 76. Listen with heart. Ask how people are doing and go deeper than just "fine."
- 77. Send out "Just Because it's _____Day" discount codes on silly holidays.
- 78. Prepare hand-written holiday cards for clients/vendors in advance.
- 79. Keep a list of other's goals and personal challenges to ask about.
- 80. Find a way to hire veterans and voice your value for their service. 81. Find a great app? Share what you love about it on social!
- 82. Know of a way to save your customer time and money in the long run? If you can afford it, do it.
- 83. Volunteer at a local school to talk about your industry.
- 84. Create a resources page. Freely share great resources you have found.
- 85. Create a community-employee event like planting trees, street clean up, serving food for homeless, or "loving the animals" at shelter.
- 86. Provide your drivers with \$5 gift cards to hand out to those in need. Share their stories in your newsletter.
- 87. Hand out "Act of Kindness" bingo cards to foster positive activities and give a prize for completion.
- 88. When giving company gifts, only buy from your customers.
- 89. Include a hand-written note inside of your product's package.
- 90. Offer free delivery for challenged buyers.
- 91. Give a shout out to organizations in need of help on your social media.
- 92. Reward a free product or service to outstanding community members.
- 93. Give a percentage of sales to a worthy cause each month.
- 94. Seek out minority or women-owned businesses with whom to work.
- 95. Create a long-term goal to be carbon neutral and modify your work environment and activities to support that goal.
- 96. Require your print items or products be made of recycled material.
- 97. Add a list of links on your website to various social causes you care about.
- 98. Make a big deal out of the acts of kindness that others do for you.
- 99. Host a "Happiness Workshop."
- 100. Look for your own way to bless others at every opportunity and watch how it changes the community around you!

