

A photograph of two hands, palms up, holding a small red heart. The hands are wearing yellow and orange striped knitted sleeves. The background is a light, neutral color.

# The Joy of Spreading Random Acts of *Kindness*

## In the Community At Large

- Donate blood.
- Volunteer to be a translator for a community organization.
- Bring extra produce from your garden and baked goods to a senior center.
- Donate a new-owner kit to an animal shelter.
- Attend a memorial service for a veteran.

## In the Workplace

- Check in with a new colleague every few days over their first month to see how they are doing.
- If you hear a compliment about a co-worker, share it with them.
- Send your co-worker a congratulatory note after they have finished a big report or presentation.
- Bring in some healthy snacks for everyone to share.

“No act of kindness,  
no matter how small,  
is ever wasted.”

-Aesop

I am grateful for the kindness you have shown entrusting me with your real estate needs! Feel free to contact me and I will answer any questions you may have or connect you with a trusted professional in my network.



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There are many ways you can bring light and positivity to the world, one gesture at a time. Here are some ideas:

## With Family, Friends and Neighbors

- Surprise a friend or family member with a small treat on their “half-birthday.”
- Call your local school district and offer to pay a child’s school-lunch debt.
- Write a letter of encouragement to someone having a difficult time.
- Donate flowers after an event to a nursing home.
- When visiting new parents, bring their favorite meal and offer to take care of the baby while they relax and eat.
- Help others out after a storm with snow removal and yard cleanup.

## When Out and About

- Leave a really big tip for a server in a restaurant, especially if you can see they are having a bad day.
- Pick up and throw away trash you see left on a counter, table or floor.
- Offer grace, kindness and patience to retail workers, and let them know when they are doing a great job.
- Share encouraging words with a parent who is struggling with their child’s behavior.
- Before you check out at a store, make sure your item has a price tag on it.
- Offer to let someone cut in front of you in line at the store.

“My goal is really just to leave a positive impact on everyone I meet. Whether it be a smile or a changed heart.”

-Anonymous