

# Be Kind.

brought to you by:

21



7 Cups

1. Volunteer at an organization making a difference in your community
2. Meditate and practice calming your mind
3. Donate your gently used clothes or shoes
4. Unplug for the day and take a rest from technology
5. Say “thank you” to someone who’s making a difference in your life
6. Learn how to instill hope in others & yourself by reading this guide
7. Start a gratitude journal
8. Share your time and visit someone who needs a friendly face
9. Go green - pick one item you use every day and switch to a sustainable version
10. Leave a positive message for someone to discover
11. Share a meal with someone - nothing brings people together like food
12. Volunteer as an online emotional support listener
13. Call someone you care about, just to check in
14. Share your story - your voice is powerful
15. Appreciate yourself - write a letter to your future self
16. Look in the mirror & say 5 nice things about yourself (or more!)
17. Say hi to someone new
18. Choose a mantra or favorite phrase that will help keep you motivated
19. Waiting in line? Invite the person behind you to go first
20. Practice self-care - do an activity that helps you relax
21. Help someone without having to be asked



Just be kind. The act itself,  
is free. And it's priceless.



- Lady Gaga