



Introduce yourself to someone you don't know.

Leave a positive note on a mirror

Tip: Carry sticky notes, because writing on a mirror is no bueno. Try something like this: "You look gorgeous!" or "My, who let this amazing unicorn in here?" That sort of thing.

-hi



Sidewalk chalk hearts = happy.

They'll wash off in the next rain but brighten days until then!

Leave more than a 20% tip next time you dine out. And tip at the coffee shop!

Hold the door for someone
It's the Midwestern way!



When you're making a dish, double it for a friend who you know is super busy right now.

Send dessert to the next table



Be kind to yourself

smile



Pass some kids clothes on to another family.

Bring your neighbor a treat

Baking on a rare, chilly summer morning? Make extra and bring some over to a neighbor.

Facebook message genuine compliments to friends & family

Buy a beer for a friend!

Or coffee, or tea, or ice cream... Did you know in some places (like, the Courtyard & Cellar) you can "leave" a beer (or whatever the place sells) for someone else? Generally, there's a list on the wall or on a board, saying, "So and so buys _____ for _____." You pay for their drink in advance, and the next time they come in, it's on you! Fun!

Write or email someone who made a difference in your life

Forgive, forgive, forgive. Accept, accept, accept.

Let's cut everyone a little slack.



Anonymous cards

A piece of mail literally asking someone to "Open Me!"? Fun! Write positive or uplifting cards, and then tuck them away around town...ideas? In a library book, on a bulletin board or an empty seat at the coffee shop.

Or you could write thank yous to specific folks in community making positive change!



Buy lemonade from a lemonade stand

Pick up trash & bring it to the nearest can.



Say yes at the store when the cashier asks if you want to donate \$1 to whichever cause.