



# FREE

## RANDOM ACTS OF KINDNESS

Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

- \* Write chalk messages on the sidewalk
- \* Become an organ donor
- \* Compliment everybody you encounter in a day
- \* Write a handwritten note to somebody
- \* Volunteer
- \* Encourage somebody you see working really hard at the gym
- \* Leave random notes of happiness
- \* Leave the closer parking spot for somebody else
- \* Hug somebody like you mean it
- \* Sincerely compliment someone on their character
- \* Treat yourself to a long bath
- \* Donate your used clothing
- \* Help somebody with yard work
- \* Collect canned food for a food shelf
- \* Visit somebody who is sick
- \* Write a letter to a person from your past that impacted your life

 **BOUNCE BACK PROJECT**<sup>™</sup>  
promoting health through happiness

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