

K	I	N	D	O
Teach someone a new skill	Ask someone about their weekend	Engage in a meeting	Say hi to someone new	Let someone step in front of you in line
Complete 2 training courses	Take out the trash	Offer a friend a ride	Brighten someone's day with a joke	Say Good Morning to 3 people
Support a local business	Volunteer	FREE	Buy someone a coffee	Have lunch with someone new
Help a coworker with a task	Send a positive text	Hold the door for someone	Give at least 3 "high fives"	Make dinner for someone
Give a coworker a compliment	Clean your office space	Pay it forward in some way	Write someone a thank you note	Do at least 30 min of exercise

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Volunteer	Brighten someone's day with a joke	Say hi to someone new	Complete 2 training courses	Offer a friend a ride
Engage in a meeting	Write someone a thank you note	Let someone step in front of you in line	Clean your office space	Say Good Morning to 3 people
Help a coworker with a task	Buy someone a coffee	FREE	Have lunch with someone new	Ask someone about their weekend
Give at least 3 "high fives"	Pay it forward in some way	Teach someone a new skill	Do at least 30 min of exercise	Send a positive text
Hold the door for someone	Make dinner for someone	Support a local business	Take out the trash	Give a coworker a compliment

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Clean your office space	Pay it forward in some way	Brighten someone's day with a joke	Make dinner for someone	Buy someone a coffee
Teach someone a new skill	Help a coworker with a task	Hold the door for someone	Take out the trash	Let someone step in front of you in line
Support a local business	Do at least 30 min of exercise	FREE	Send a positive text	Give at least 3 "high fives"
Volunteer	Say Good Morning to 3 people	Say hi to someone new	Write someone a thank you note	Engage in a meeting
Have lunch with someone new	Ask someone about their weekend	Offer a friend a ride	Complete 2 training courses	Give a coworker a compliment