

D	E	C	C	A
Stood up for someone who needed a voice or support.	Called someone just to say hello and brighten their day.	Gave someone a hug or hand shake who was having a rough day	Recently told a co-worker how much you appreciate them.	Helped someone move
Gave a prize you won to someone else.	Said hello to a complete stranger.	Made food for someone who is sick or just needed some help.	Did something kind for someone who was not expecting it.	Picked up trash that wasn't yours.
Refused to gossip when you heard some negative comments.	Told someone a funny joke to lift their spirits.	FREE	Did something unexpected for someone.	Held the door open for someone.
Helped a co-worker without being asked	Recently told a supervisor/leader how much you appreciate them.	Helped someone in a crisis.	Gave someone some money with no expectations of being repaid.	Helped someone shovel snow this winter or clean up from a hurricane.
Gave someone a ride who needed it.	Donated to a charity in someone else's name.	Paid for a stranger's meal.	Was kind to yourself by being positive when you were stressed out.	Gave someone a compliment today

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