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!

✴ Be Kind
✴ Be Cheerful
✴ Be Tolerant
✴ Be an Organ Donor
✴ Be a Welcoming Neighbor
✴ Be Generous with Compliments
✴ Be Polite on the Road
✴ Be a Designated Driver
✴ Be Someone’s Day Brightener
✴ Be Thankful for Being You
✴ Be the Bearer of Instant Joy!