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!

* Leave a snack in the mailbox for your mailperson with a note thanking him or her
* Put together a dinner package and leave it on your neighbor’s porch
* Buy a stranger a coffee
* Tape money to a vending machine with a note stating, “This snack is on me.”
* Buy and send dessert to a table at a restaurant
* Bring treats to work for your co-workers
* Make your spouse/partner/child their favorite meal
* Pick up the tab at lunch
* Bring food to the food shelf
* Bake a special treat for someone
* Stop at a child’s lemonade stand and purchase a glass – leave a tip!
* Leave money in the gumball machine