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