Be Kind. 21

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The MIGHTY

1. Share a song with someone who is struggling.
2. Give a stranger a compliment.
3. Share a meal with someone you love.
4. Prioritize a task you've been putting off.
5. Wish someone good morning or goodnight.
6. Spend time with your favorite animal.
7. Send a message of appreciation to someone in your life.
8. Schedule time to rest and recharge.
9. Find a volunteer or donation opportunity.
10. Practice active listening in a conversation.
11. Look out for acts of kindness around you today.
12. Show yourself forgiveness.
13. Find a new way to treat the planet kindly.
14. Post a supportive comment online.
15. Send a message to someone in the hospital.
16. Lift yourself up with a positive affirmation.
17. Reach out to an old friend.
18. Read something you normally wouldn't.
19. Write yourself a love letter.
20. Celebrate a small win.
21. Acknowledge some progress you've made.

> **Kindness brings hope and a sense of community that lets you know you're not alone.**
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> **– Samantha Moss, Mighty Contributor**