

BEOP

BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #30: The "Spreading Good Vibes" Checklist - Part 2

Let's do something lovely for others on purpose!

Here's a fun and easy-peasy checklist of nice things that you can do to spread some love and kindness around.

- ☐ HOLD THE DOOR OPEN FOR SOMEONE LIKE A CHAMP.
- ☐ CREATE A COLORFUL CHALK MESSAGE ON YOUR SIDEWALK.
- ☐ GIVE A COMPLIMENT TO A FRIEND OR A FAMILY MEMBER TO BRING A SMILE TO THEIR FACE.
- ☐ PAINT A ROCK AND LEAVE IT SOMEWHERE TO SURPRISE SOMEONE.
- ☐ BE A STELLAR LISTENER AND LEND AN EAR TO SOMEONE WHO NEEDS TO CHAT OR VENT.
- ☐ SEND A CARE PACKAGE TO MEMBERS OF THE MILITARY SERVING OVERSEAS.
- ☐ SURPRISE A NEIGHBOR WITH FRESHLY BAKED COOKIES OR TREATS!
- ☐ LACE UP THOSE SNEAKERS AND JOIN A CHARITY RUN TO FEEL GOOD AND DO GOOD.
- ☐ TRY TO MAKE SURE THAT EVERYONE IS INCLUDED.
- ☐ DECLUTTER YOUR BOOKSHELF AND DONATE SOME BOOKS TO YOUR LOCAL LIBRARY TO SPREAD THE JOY OF READING.
- ☐ SHOW SOME LOVE TO THE UNSUNG HEROES IN YOUR COMMUNITY BY WRITING A SWEET THANK-YOU NOTE TO YOUR MAIL CARRIER, FIREFIGHTERS, LIBRARIANS, AND NEIGHBORS.
- ☐ BE A BOSS AND HELP CLEAN UP YOUR NEIGHBORHOOD BY PICKING UP LITTER AND LEAVING IT BETTER THAN YOU FOUND IT.
- ☐ SEND A GRATITUDE EMAIL, NOTE, OR TEXT TO SOMEONE.
- ☐ BE A SHOPPING CART SUPERHERO AND RETURN THOSE BUGGIES TO THEIR DESIGNATED AREAS TO MAKE LIFE EASIER FOR OTHERS.

Even small acts of kindness can have a big impact on someone's day, so have a blast making the world a better place, one intentional good deed at a time!

"No one has ever become poor by giving."

-Anne Frank

From "Bold Gratitude" by Lainie Rowell and Allyson Liu