

30 DAY KINDNESS CHALLENGE

L O U I S E G R A C E B L O G S

DAY 1 Compliment a stranger	DAY 2 Donate to a food bank	DAY 3 Help out a local charity	DAY 4 Walk a neighbours dog	DAY 5 Cook someone dinner
DAY 6 Help carry someones shopping	DAY 7 Donate to charity	DAY 8 Bake treats for someone	DAY 9 Sponser a child or animal	DAY 10 Send a thank you note
DAY 11 Send a care parcel	DAY 12 Ring an old friend	DAY 13 Babysit for free	DAY 14 Leave someone a good tip	DAY 15 Pay for a strangers coffee
DAY 16 Donate toys toa local hospital	DAY 17 Surprise a friend with a gift	DAY 18 Give money to a busker	DAY 19 Paint a message on a rock	DAY 20 Leave a good review for a business
DAY 21 Give a flower to a stranger	DAY 22 Give blood	DAY 23 Visit an elderly neighbour	DAY 24 Let someone go infront of you	DAY 25 Help someone in trouble
DAY 26 Say hello to strangers	DAY 27 Write a letter to someone	DAY 28 Do someones chores	DAY 29 Clean up someone else mess	DAY 30 Raise money for charity

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L O U I S E G R A C E B L O G S

DAY 1

Compliment
a stranger

DAY 2

Donate to a
food bank

DAY 3

Help out a
local charity

DAY 4

Walk a
neighbours
dog

DAY 5

Cook someone
dinner

DAY 6

Help carry
someones
shopping

DAY 7

Donate to
charity

DAY 8

Bake treats
for
someone

DAY 9

Sponser a
child
or animal

DAY 10

Send a thank
you note

DAY 11

Send a care
parcel

DAY 12

Ring an
old friend

DAY 13

Babysit for
free

DAY 14

Leave
someone
a good tip

DAY 15

Pay for a
strangers
coffee

DAY 16

Donate toys
toa local
hospital

DAY 17

Surprise a
friend
with a gift

DAY 18

Give money
to a busker

DAY 19

Paint a
message
on a rock

DAY 20

Leave a good
review for a
business

DAY 21

Give a flower
to a stranger

DAY 22

Give blood

DAY 23

Visit an
elderly
neighbour

DAY 24

Let someone
go
infront of you

DAY 25

Help someone
in trouble

DAY 26

Say hello to
strangers

DAY 27

Write a letter
to someone

DAY 28

Do someones
chores

DAY 29

Clean up
someone
else mess

DAY 30

Raise money
for charity