



risetotheChallenge

KICKSTART KINDNESS

CHALLENGE CHECKLIST



HOW TO USE KICKSTART KINDNESS CHECKLIST

- 1 **Print or Save** – Save this checklist to your computer or print a copy to keep handy.
- 2 **Track Your Progress** – Check off each activity as you complete it.
- 3 **Spread Kindness** – Complete activities in any of the categories throughout the challenge.
 - **Yourself:** Practice self-kindness through reflection, self-care, and positive habits.
 - **People Around You:** Show appreciation and compassion to coworkers, family, friends, and neighbors.
 - **World:** Support local organizations, care for shared spaces, and protect the planet.
 - **Create Your Own:** Complete any act of kindness that is meaningful to you. Whether big or small, your unique contribution makes a difference.

GET STARTED

Use this checklist as a daily reminder to create positive impact, strengthen connections, and cultivate gratitude wherever you go.

Kindness for Self – Start Within



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Compliment Yourself: Write own 3 things you appreciate about yourself



Acknowledge Your Accomplishments: Reflect on a past accomplishment and acknowledge your effort.



Take a Break: Stand up, stretch your muscles, walk around, or do a few gentle movements.



Speak Kindly to Yourself: Repeat kind statements like “I am doing my best, and that is enough” or create your own.



Visualize Your Ideal Day: Spend 10 minutes visualizing your ideal day and what makes you happy.



Treat Yourself: Cook your favorite meal, buy a small treat, or take yourself on a solo outing.



Gratitude Break: Watch the Gratitude Break video on TELUS Health



Acknowledge Your Accomplishments: Reflect on a past accomplishment and acknowledge your effort.



Be Positive: Replace one self-critical thought with a positive affirmation.



Self-Forgiveness Exercise: Forgive yourself for a small mistake.



Say No: Give yourself permission to say “no” to something that drains you.



Digital Detox: Spend a set amount of time away from social media.



Say No: Give yourself permission to say “no” to something that drains you.



Music Therapy: Create a playlist of songs that uplift you or calm your mind.

Kindness for Others – Strengthen Connection



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Give a Genuine Compliment: Compliment or thank someone.



Send a Kind Note or Message to a friend or colleague.



Smile and Connect: Smile at someone new today – make a positive connection.



Listen Fully: Give someone your undivided attention.



Lend a Hand: Offer help to someone without being asked.



Share your Gratitude: Text someone and tell them why you're grateful for them.



Let someone check out in front of you at the grocery store



Organize a meal for someone who is sick



Pay it Forward: Pay for someone's meal or coffee.



Say “please” and “thank you.”



Write a letter to someone who had a positive impact on you.



Share Success: Tell a co-worker's boss about the co-worker's success.



Invite someone over for a meal or deliver food to someone who might need it.



Lend a helping hand to someone who is overwhelmed by their workload.



Acknowledge someone who works behind the scenes (i.e custodian or IT support).

Kindness for the World – Pay It Forward



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Collect and donate food to a local food bank or shelter.



Drop off thank you notes or small gifts to healthcare workers at a local hospital.



Volunteer at a soup kitchen, shelter, or community center, helping to serve meals or distribute holiday items.



Leave a thank-you or treats to your letter carrier or delivery person.



Send thank you cards or treats to local first responders like firefighters, police officers, or paramedics



Create & send holiday cards to residents of nursing homes or assisted living facilities.



Collect and donate winter coats, hats, gloves, and scarves to shelters.



Buy holiday gifts from local artisans and small businesses.



Send care packages or holiday cards to troops stationed overseas.



Reduce, reuse and recycle.



Be courteous to services workers, such as waiters, waitresses and cashiers.



Donate pet food, toys, or blankets to a local animal shelter to help care for animals during the holiday season.



Pick up litter or help maintain a shared space.