

Kindness for Others – Strengthen Connection



Kickstart
Kindness
Checklist



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).