



Delicious Dozen

Random Acts of Kindness

Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

1. Leave a small piece of dark chocolate in the mailbox for your mailperson with a note thanking him or her
2. Put together a dinner package and leave it on your neighbor's porch
3. Buy a stranger a coffee
4. Allow someone to jump ahead of you at the grocery store checkout line
5. Buy and send dessert to a table at a restaurant
6. Bring garden produce to work for your co-workers
7. Leave an unexpected note in your child or spouse's lunchbox wishing them a great day
8. Pick up the tab at lunch
9. Bring healthy food to the food shelf
10. Prepare a special meal for someone
11. Stop at a child's lemonade stand and purchase a glass – leave a tip!
12. Leave money in the gumball machine

