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# FREE

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## 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. Write chalk messages on the sidewalk
2. Become an organ donor
3. Compliment everybody you encounter in a day
4. Write a handwritten note to somebody
5. Volunteer
6. Encourage somebody you see working really hard at the gym
7. Leave random notes of happiness
8. Leave the closer parking spot for somebody else
9. Hug somebody like you mean it
10. Sincerely compliment someone on their character
11. Treat yourself to a long bath
12. Donate your used clothing
13. Help somebody with yard work
14. Collect canned food for a food shelf
15. Visit somebody who is sick
16. Write a letter to a person from your past that impacted your life

