



BE'S

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. Be Kind
2. Be Cheerful
3. Be Tolerant
4. Be an Organ Donor
5. Be a Welcoming Neighbor
6. Be Generous with Compliments
7. Be Polite on the Road
8. Be a Designated Driver
9. Be Someone's Day Brightener
10. Be Thankful for Being You
11. Be the Bearer of Instant Joy!

