



The Great Kindness Challenge®

**BUSINESS
EDITION**

Create a kinder workplace.

Have fun and complete as many acts of kindness as you can in one week.

Your Kindness Matters!

Kind Acts

- ☐ Smile at 25 people.
- ☐ Surprise a coworker with a favorite beverage.
- ☐ Say "good morning" to all colleagues.
- ☐ Make a thank you card for a coworker.
- ☐ Whistle while you work.
- ☐ Hang an uplifting quote in your office.
- ☐ Bring goodies to share.
- ☐ Decorate a coworker's desk.
- ☐ Collect goods to donate to a food bank or shelter.
- ☐ Tell a joke and make someone laugh.
- ☐ Bring a healthy snack to share with coworkers.
- ☐ Make happy signs and hang on office windows.
- ☐ Treat a coworker to lunch.
- ☐ Collect books for your local library.
- ☐ Offer to help a coworker with a task.
- ☐ Write a letter to someone who has inspired you.
- ☐ Entertain someone with a happy dance.
- ☐ Reduce, reuse, recycle.
- ☐ Make a donation to a colleague's favorite charity.
- ☐ Take a walk with a colleague during your break.
- ☐ Hold the door open for someone.
- ☐ Pat yourself on the back.
- ☐ Sincerely compliment 5 people.
- ☐ Walk, bike or carpool to work.
- ☐ Be kind to yourself and eat a healthy snack.
- ☐ Make and display a "KINDNESS MATTERS" sign.
- ☐ Learn to say "thank you" in a new language.
- ☐ Surprise a coworker with flowers.
- ☐ Tidy up the office.
- ☐ Go a full day without complaining.
- ☐ Add an extra kind word to every email.
- ☐ Breathe, stretch and think a happy thought.
- ☐ Actively listen to your colleagues.
- ☐ Give a gratitude gift to your mail carrier.
- ☐ Teach a colleague something new.
- ☐ Pick up 5 pieces of trash outside your office.
- ☐ Volunteer in your community.
- ☐ Write a happy message with sidewalk chalk.
- ☐ Post a positive message on social media.
- ☐ Share food with someone who is hungry.
- ☐ Slip a nice note under a colleague's keyboard.
- ☐ Create a fun handshake with a colleague.
- ☐ Step up for someone in need.
- ☐ Send an encouraging text message.
- ☐ Make someone feel special.
- ☐ Leave a happy note on a colleague's windshield.
- ☐ Use a friendly tone on the phone.
- ☐ Learn something new about a colleague.
- ☐ Reflect on the kindness you have witnessed.
- ☐ Create your own kind act.



#GreatKindnessChallenge

www.greatkindnesschallenge.org ♥ www.kidsforpeaceglobal.org

Krista Hubbard

