

3 COMMIT



30-DAY RAD CHALLENGE { RANDOM AWESOME DEEDS }



Let's all make the world a little brighter this month, shall we?

GIVE A STRANGER A COMPLIMENT!



DELIVER A BASKET OF HEALTHY SNACKS TO YOUR LOCAL FIRE OR POLICE STATION.

BRING YOUR CHILD'S TEACHER A COFFEE, SMALL GIFT OR A HANDWRITTEN THANK YOU NOTE.

DONATE A BAG OF FOOD TO YOUR LOCAL FOOD BANK.

SMILE AT EVERYONE YOU COME INTO CONTACT WITH TODAY.

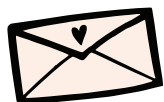


OFFER TO HELP SOMEONE CARRY SOMETHING OUT OF A STORE OR WORK.

LEAVE A THANK YOU NOTE & TREAT IN THE MAILBOX FOR YOUR MAIL CARRIER.

MAKE HOMELESS BLESSING BAGS TO PASS OUT.

WRITE "YOU ARE BEAUTIFUL" ON A STICKY NOTE AND LEAVE IT IN A PUBLIC RESTROOM.



LEAVE AN EXTRA GENEROUS TIP FOR YOUR SERVER.



BRING TREATS & GOOD CHEER TO A LOCAL NURSING HOME.

WRITE AN OLD FASHIONED THANK YOU NOTE TO SOMEONE YOU ADMIRE.

BUY A GIFT CARD AND HAND IT TO SOMEONE WHO MAY NEED IT.

BUY COFFEE OR LUNCH FOR THE PERSON IN LINE BEHIND YOU.



MAKE A DONATION TO A GOFUNDME ACCOUNT.

LEAVE A NOTE IN A LIBRARY BOOK.

PICK UP TRASH AT A LOCAL PARK OR IN YOUR NEIGHBORHOOD.

PLANT A TREE OR SOME FLOWERS.

MAKE DINNER FOR SOMEONE IN NEED (A NEW MOM, AN ELDERLY NEIGHBOR, A SICK FRIEND).

LET SOMEONE GO AHEAD OF YOU IN LINE.

MAKE A FAMILY MEMBER BREAKFAST IN BED.

BRING IN A HEALTHY TREAT FOR YOUR CO-WORKERS.



HELP OUT A NEIGHBOR WITH A TASK.

WRITE SOMEONE AN ENCOURAGING NOTE.

LEAVE HAPPY NOTES FOR STRANGERS TO FIND.

SEND A CARE PACKAGE TO A SICK CHILD IN A HOSPITAL (WWW.CARDSFORHOSPITALIZEDKIDS.COM)

HELP A TEACHER GET SUPPLIES THEY NEED AT WWW.DONORSCHOOSE.ORG

WRITE A THANK YOU NOTE TO A DEPLOYED OR WOUNDED MEMBER OF THE MILITARY VIA WWW.OPERATIONGRATITUDE.COM

WRITE A POSITIVE ONLINE REVIEW OF A BUSINESS YOU LIKE.



DONATE WARM CLOTHES, JACKETS, HATS, SOCKS OR BLANKETS TO A LOCAL HOMELESS SHELTER.