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.

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