



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!

