



TEN

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. Buy a stranger a lottery ticket
2. Bring flowers to a nursing home
3. Leave money at the laundromat with a note
This load is on me.
4. Let somebody go ahead of you in line
5. Send a faraway friend a \$5 gift card to get coffee
6. Slip money in a book at the bookstore
7. Leave a diaper and wipes on a changing table
8. Leave bubbles at the park
9. Donate your books to the library
10. Pick up litter

