Challenge: Practice Random Acts of Kindness

- Take an elderly neighbor (or their dog) on a walk
- Pay for someone’s coffee or other small item
- Compliment someone in front of others
- Let someone in front of you in line or in traffic
- Feed someone’s parking meter
- Give up a great parking spot to a stranger
- Give cold drinks to road worker, mail person etc.
- Make two lunches and give one away
- Leave money in the vending machine
- Take treats to the local fire department or police station
- Purchase and hand out balloons to children you see

“The secret of happiness is to make others believe they are the cause of it” ~ Al Batt

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