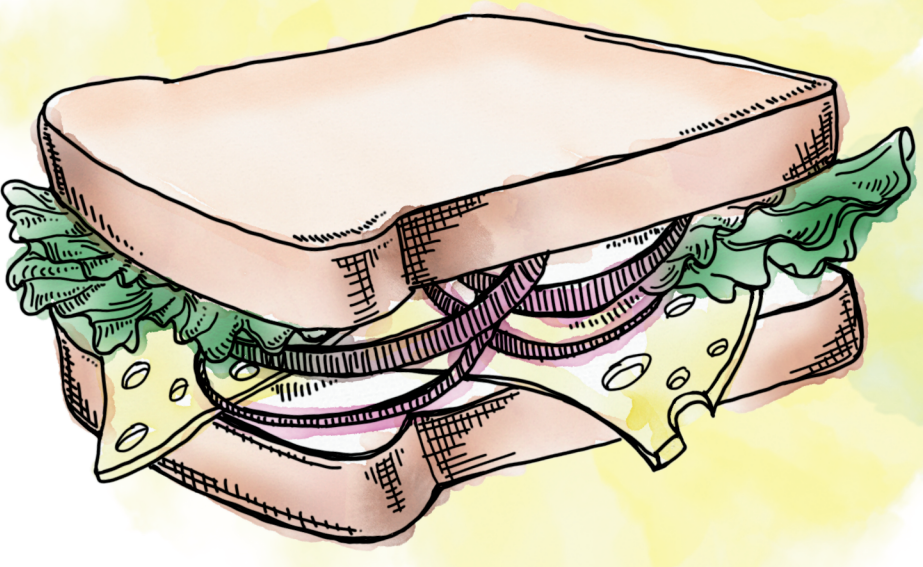
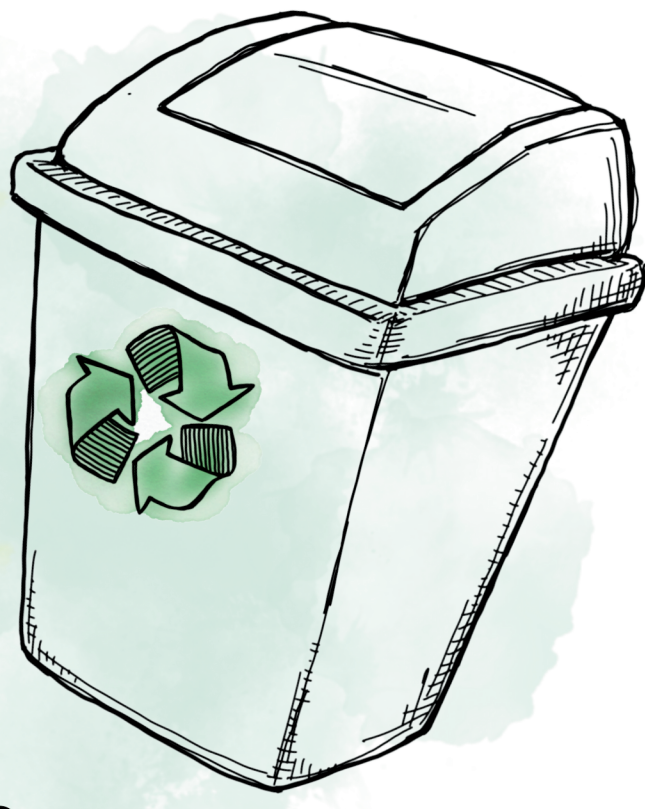


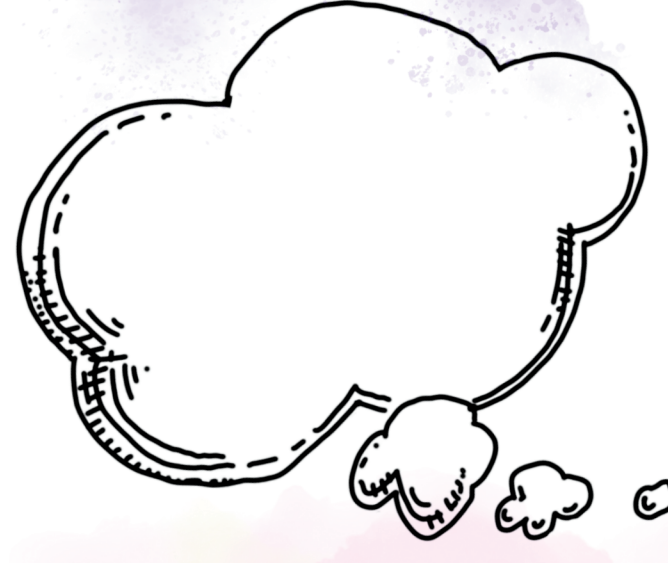
SHARE A SNACK.



PICK UP LITTER.



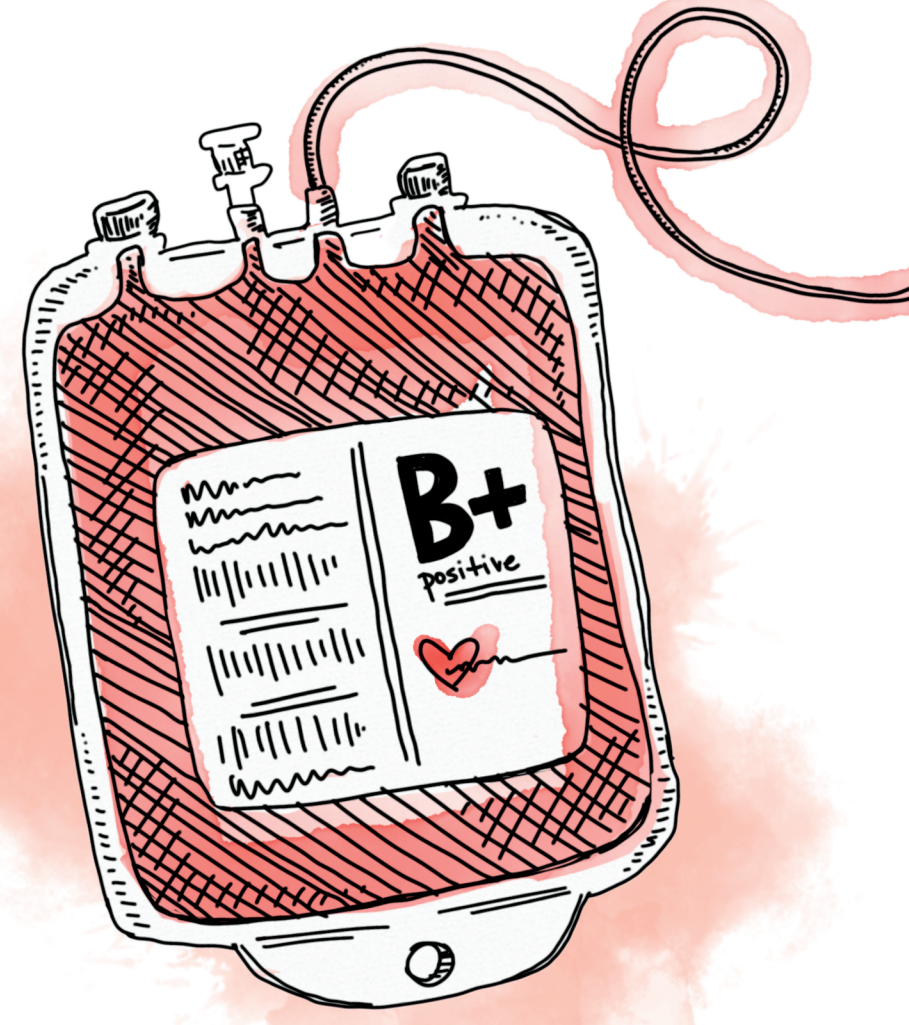
GIVE OTHERS THE BENEFIT OF THE DOUBT.



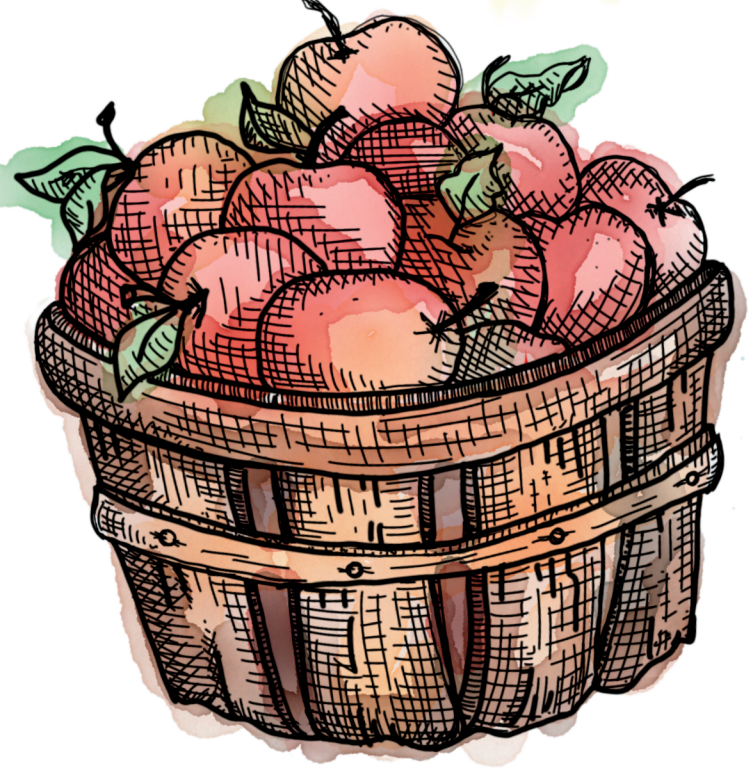
DRINK A GLASS OF WATER.



DONATE BLOOD.



READ WITH A CHILD.



COMPLIMENT WITH RECKLESS ABANDON.



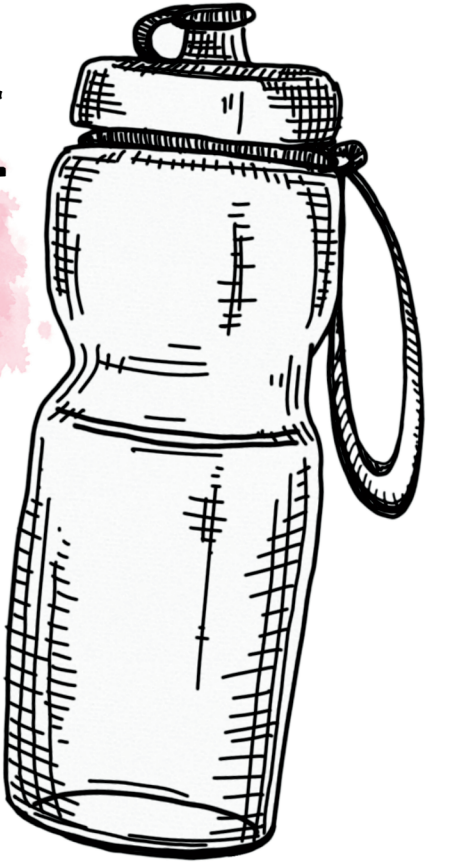
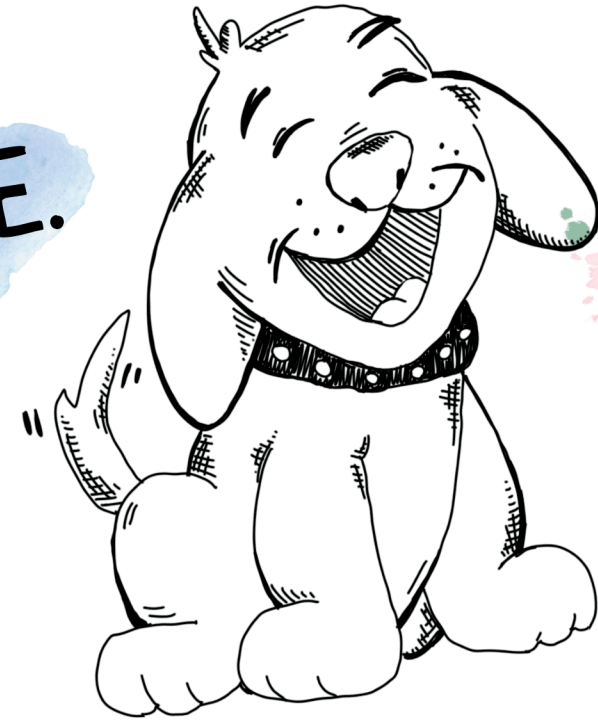
ACKNOWLEDGE SOMEONE WHO DESERVES PRAISE.

THANK A TEACHER.

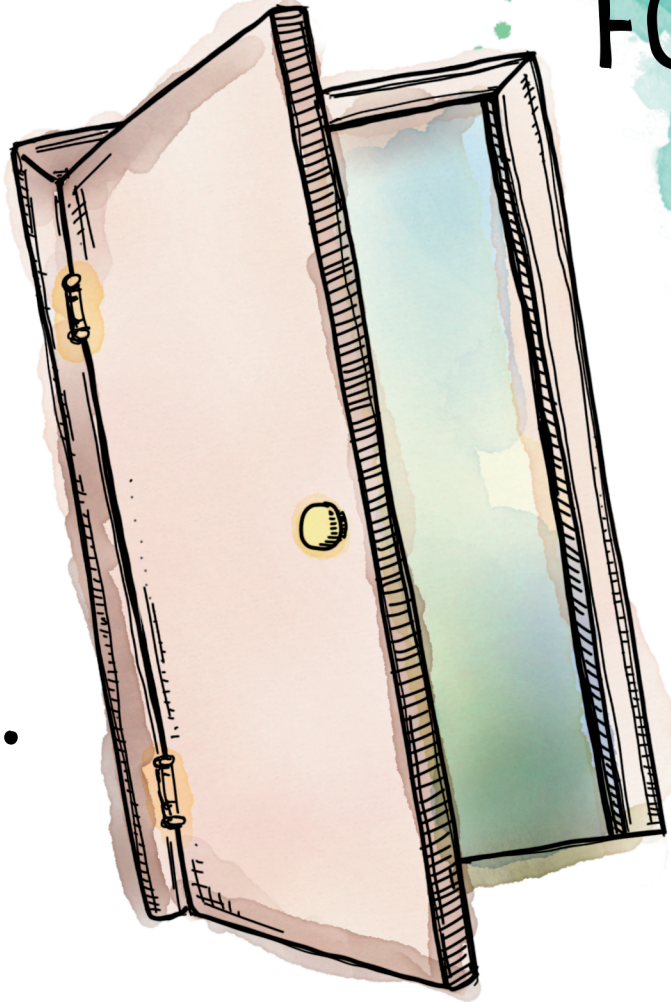
OPEN DOORS FOR OTHERS.

SMILE.

USE A REUSABLE WATER BOTTLE.



SUPPORT LOCALLY OWNED BUSINESSES.

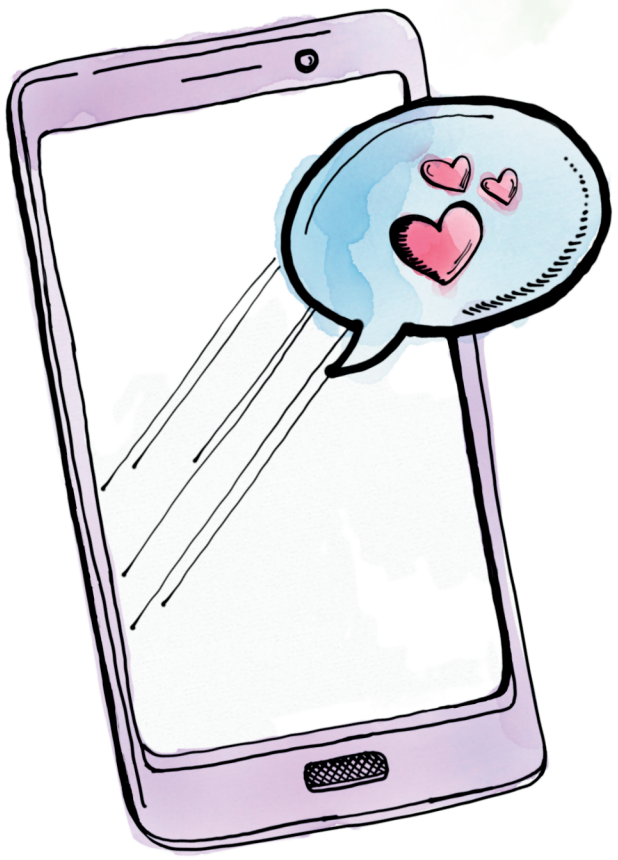


# MAKE KINDNESS THE NORM.



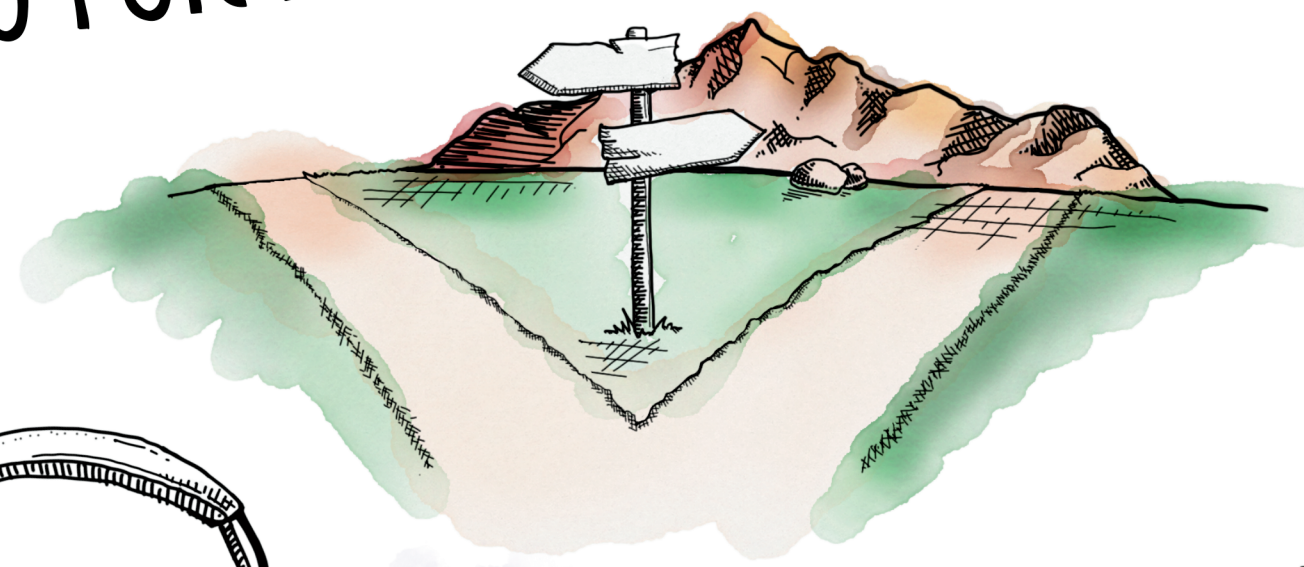
SHARE YOUR FAVORITE SONG WITH SOMEONE.

TEXT SOMEONE A POSITIVE MESSAGE.



PLACE ENCOURAGING STICKY NOTES IN PUBLIC AREAS.

GO FOR A LONG WALK.



LEAVE AN EXTRA BIG TIP.



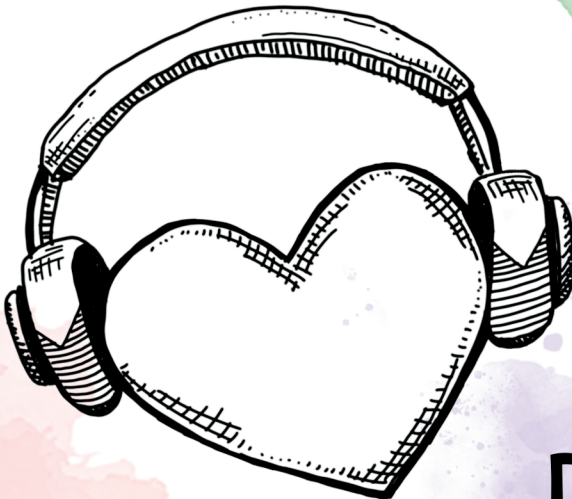
GIVE AN UNEXPECTED GIFT.



ENCOURAGE A FRIEND.



CELEBRATE SOMEONE ELSE'S ACCOMPLISHMENT.



PUT AWAY YOUR PHONE AND LISTEN WITH YOUR HEART



SEND A THANK YOU NOTE.

LAUGH UNTIL YOUR BELLY HURTS.



LOVE WHO YOU ARE.

