



MY KINDNESS BUCKET

Filling others bucket with acts of kindness

30 DAY KINDNESS CHALLENGE FOR ADULTS

MY NAME: _____

DAY



MY GOAL FOR TODAY IS TO

Give an unexpected compliment

Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 2

MY GOAL FOR TODAY IS TO

Let someone go ahead of me in
line

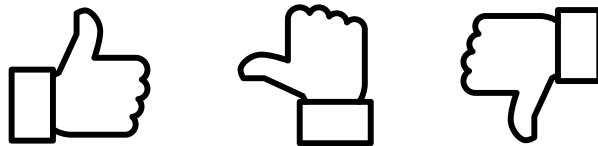
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

3

MY GOAL FOR TODAY IS TO

Take the time to write a great online review for a store or restaurant I love

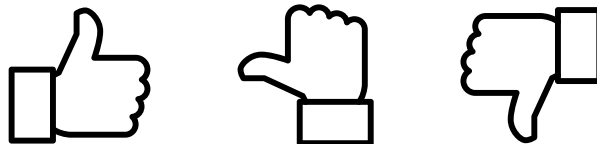
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 4

MY GOAL FOR TODAY IS TO

Keep an extra umbrella in my car
and give it to someone stuck in
the rain

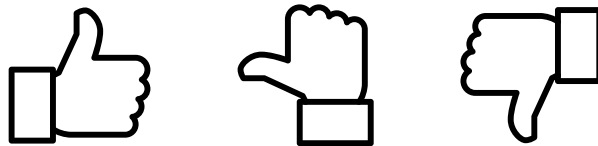
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 5

MY GOAL FOR TODAY IS TO

Learn CPR

Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

6

MY GOAL FOR TODAY IS TO

Leave a coupon next to an item on the grocery store shelf

Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 7

MY GOAL FOR TODAY IS TO

Buy a warm meal for someone in need

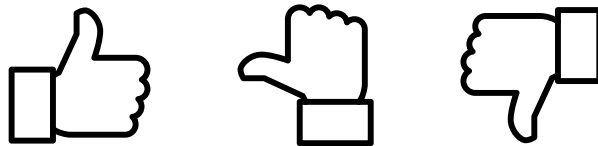
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY



MY GOAL FOR TODAY IS TO

Give old blankets, sheets, towels, plastic bags, and newspapers to an animal shelter

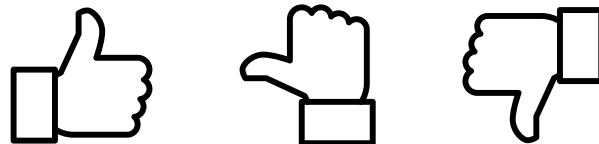
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY



MY GOAL FOR TODAY IS TO

Tell my boss one thing I appreciate about him/her

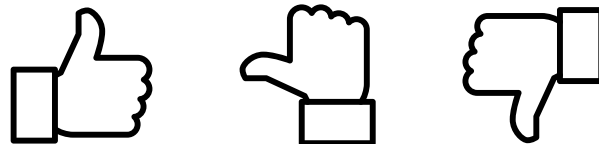
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



D A Y

10

MY GOAL FOR TODAY IS TO

Deliver coffee to an office assistant

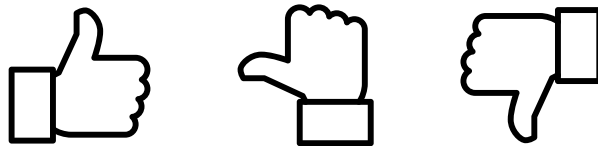
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

11

MY GOAL FOR TODAY IS TO

Offer to return someone's grocery cart to the store

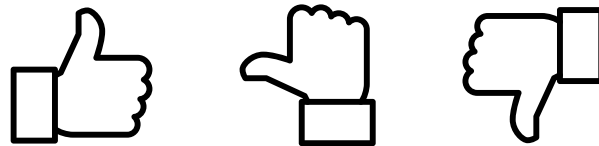
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

12

MY GOAL FOR TODAY IS TO

Offer to babysit a neighbor's child
or walk their dog for free

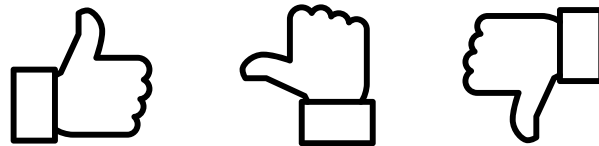
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

13

MY GOAL FOR TODAY IS TO

Call my parents and/or
grandparents

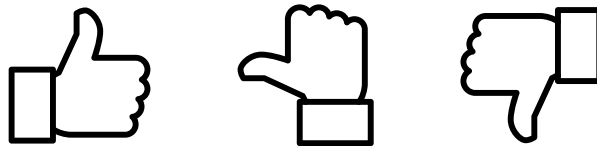
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 14

MY GOAL FOR TODAY IS TO

Forgive someone who has wronged me

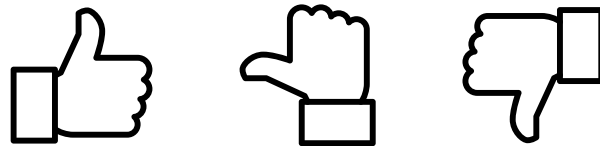
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

15

MY GOAL FOR TODAY IS TO

Bring treats to my local police or fire station

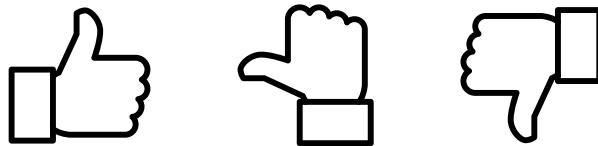
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

16

MY GOAL FOR TODAY IS TO

Write a sweet, encouraging note
and put it in my child's lunch box
or on their pillow

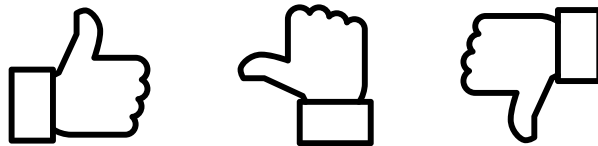
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 17

MY GOAL FOR TODAY IS TO

Do chores for a family member
who could use some extra free
time

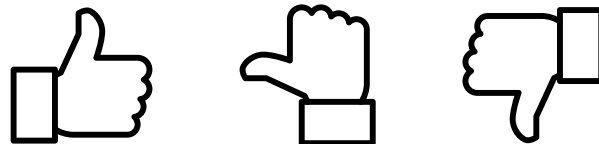
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

18

MY GOAL FOR TODAY IS TO

Build a "little free library" box in your yard or community. Or contribute to one that already exists.

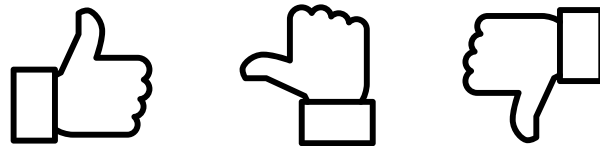
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 19

MY GOAL FOR TODAY IS TO

Send a printed or digital photo I took of a friend with their child

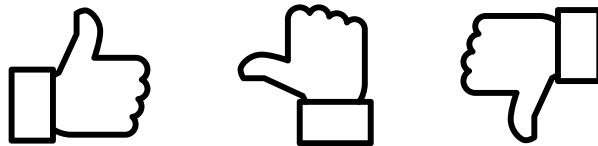
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 20

MY GOAL FOR TODAY IS TO

Figure out a friend or family member's half birthday and surprise them with a little treat

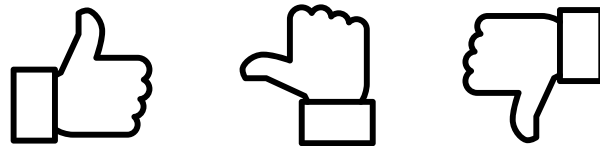
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 21

MY GOAL FOR TODAY IS TO

Smile at someone who looks sad

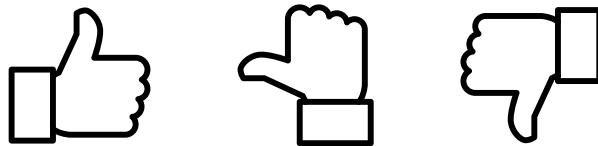
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

22

MY GOAL FOR TODAY IS TO

Pay for the car behind you in a drive thru

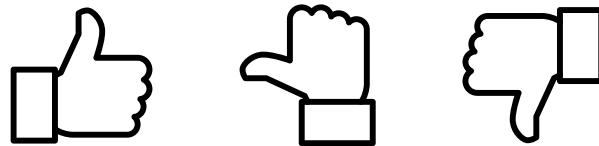
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 23

MY GOAL FOR TODAY IS TO

Stop to assist someone who looks lost

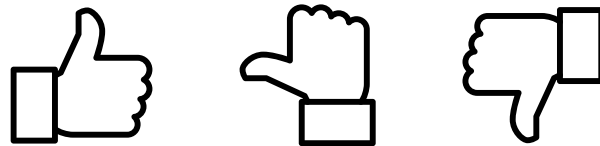
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 24

MY GOAL FOR TODAY IS TO

Donate gently used clothes to a charitable thrift shop

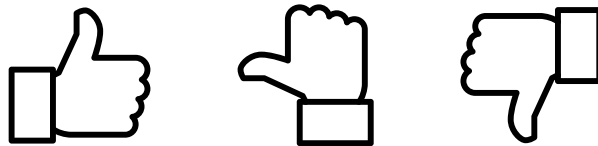
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

25

MY GOAL FOR TODAY IS TO

Pick up a piece of trash and throw it out

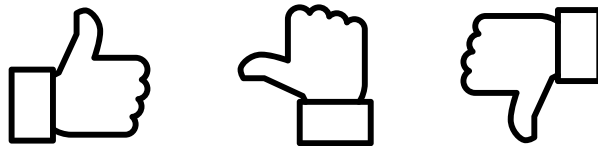
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

26

MY GOAL FOR TODAY IS TO

Give an extra tip and write an encouraging note along with it

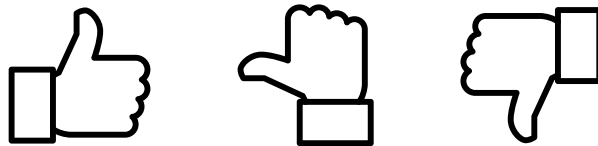
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY 27

MY GOAL FOR TODAY IS TO

Let someone the parking spot
closer to the store

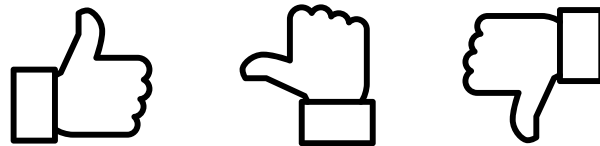
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

28

MY GOAL FOR TODAY IS TO

Write a thank you note to
someone who has helped your
career

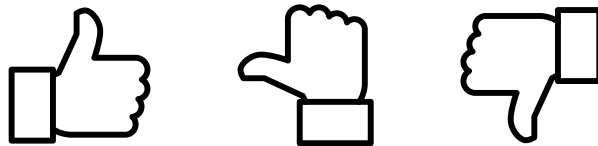
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



D A Y

29

MY GOAL FOR TODAY IS TO

Send a care package to a service member

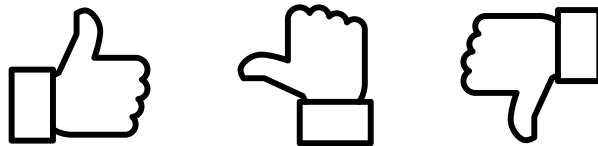
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



DAY

30

MY GOAL FOR TODAY IS TO

Say something encouraging to a parent who is struggling with rambunctious children at a store or restaurant

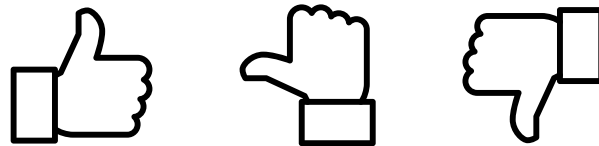
Three ways I can meet my goal today:

1. _____

2. _____

3. _____

Was I able to meet my goal?



How much effort did I put in?



EXTRA IDEAS

- Make a double batch of cookies that I am baking and take some next door
- Compliment a neighbor on a feature of their home
- Post sticky notes with uplifting message on bathroom mirrors at the office
- Organize a donation drive for coloring books, toys and/or art supplies for a local hospital's pediatric ward
- Give blood
- Participate in a charity walk or run
- Write a thank you note to the mail carrier
- Buy lemonade from a child's lemonade stand (or cookies from a Girl Scout or popcorn from a Boy Scout)

REFLECTING ON MY EXPERIENCE

How did participating in this kindness challenge make you feel?

How did people react to the acts of kindness?

What does kindness mean to you?

Why do you think it is important to show kindness to others?

What are some ways you can continue to show kindness to others in your every day life?
