

# Additional Daily Do Goods

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Plant a tree	<input type="checkbox"/>
Visit a nursing home	<input type="checkbox"/>
Donate books	<input type="checkbox"/>
Visit an animal shelter	<input type="checkbox"/>
Pay for someone else's coffee order	<input type="checkbox"/>
Make breakfast for someone you live with	<input type="checkbox"/>
Cook dinner for friends	<input type="checkbox"/>
Introduce yourself to someone new	<input type="checkbox"/>
Send your sibling a small gift	<input type="checkbox"/>
Leave a kind note in a public space	<input type="checkbox"/>
Offer to walk a friend's dog	<input type="checkbox"/>
Sign up to become an organ donor	<input type="checkbox"/>
Tip a street performer	<input type="checkbox"/>
Take part in a clean-up	<input type="checkbox"/>
Write a thank you letter to your parents	<input type="checkbox"/>
Send a card to a sick child in hospital	<input type="checkbox"/>
Help someone recognise their positive qualities	<input type="checkbox"/>
Cook an extra portion of dinner and donate it	<input type="checkbox"/>
Put flowers on a random grave or memorial	<input type="checkbox"/>
Start writing to a pen friend	<input type="checkbox"/>

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Create a playlist of feel good songs for a friend

Offer someone a lift

Stop to let a pedestrian cross the road

Offer to take a picture for someone else (e.g. tourist)

Sign a petition for a good cause

Create a care package for someone in need

Offer to cut your neighbours grass

Make some soup for a sick friend / family member

Offer directions to someone who is lost

Attend a first aid / CPR course

Tell someone how much they mean to you

Leave a positive online review for a restaurant you love

Tip your waiter/waitress generously

Smile at everyone you cross paths with

Donate items from your home

Take a rose to someone in a care home

Offer to house sit for someone when they are away

Surprise someone

Ask 'How can I help you?'

Donate warm clothes to a shelter

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Compliment a coworker for their work

Introduce yourself to your neighbours

Bake a cake for someone's birthday

Do something good for yourself

Get groceries for someone in need

Do the task no one else wants to do

Offer to babysit

Forgive someone

Create a photo book for someone

Leave a treat for your garbage collector

Tip the postman/postwoman

Help out in a soup kitchen

Drop off extra bags of animal food at the animal shelter

Take the bus/bike/walk instead of your car

Unplug your devices when not needed

Hide notes in your partner's or child's bag

Try to use less plastic

Buy an inspirational book for someone

Comment on a blog you like

Give to a food bank

