



Daily Do Goods

This checklist is a good starting point for incorporating daily do-goods into your routine. Work your way through the list, completing one do-good activity per day and ticking them off as you go.

 Happiness

 5 Minutes

 Starter

Hold the door open for someone	<input type="checkbox"/>
Give a sincere compliment	<input type="checkbox"/>
Tell someone you love them	<input type="checkbox"/>
Bake/buy some cakes for your office	<input type="checkbox"/>
Give up your seat on public transport	<input type="checkbox"/>
Pick up litter when you're on a walk	<input type="checkbox"/>
Donate some money to charity	<input type="checkbox"/>
Have a conversation with a stranger	<input type="checkbox"/>
Volunteer your time on your day off	<input type="checkbox"/>
Make someone laugh	<input type="checkbox"/>
Take time to really listen to someone	<input type="checkbox"/>
Visit someone who may be lonely	<input type="checkbox"/>
Give food to a homeless person	<input type="checkbox"/>
Give blood	<input type="checkbox"/>
Pass on a book you've enjoyed	<input type="checkbox"/>
Buy an unexpected gift for someone	<input type="checkbox"/>
Let someone queue in front of you	<input type="checkbox"/>
Organise a fundraising event	<input type="checkbox"/>
Contact someone you've lost touch with	<input type="checkbox"/>
Give someone a hug	<input type="checkbox"/>