1. Donate your time, skills or money to a cause
2. Create a bee and bird friendly garden
3. Tell someone they did a good job. Better yet, tell their boss!
4. Don’t listen to, or participate in, gossip (on or offline)
5. Give gifts without the expectation of anything in return
6. Adopt a rescue pet
7. Cook someone a hearty meal, either in person or leave it on their door step
8. Decrease your [ecological footprint](https://www.footprintnetwork.org/resources/footprint-calculator/)
9. Ask someone how they are, and give them your full attention – practice [active listening](https://www.mindtools.com/CommSkll/ActiveListening.htm)
10. Share your knowledge with someone
11. Declutter, reuse, recycle or donate
12. Smile and say hello to everyone you pass on the street
13. Travel respectfully
14. Please pick up your dog poop (my personal pet peeve!)
15. Give an elderly person some of your time – sit, talk, listen
16. Sprinkle kindness like it’s confetti
17. Share your own story
18. Don’t litter
19. Treat everyone the way you would like to be treated. All of the time
20. Live mindfully
21. Donate blood or plasma
22. Listen without passing judgement
23. Express gratitude often. Personally, [I like to make gratitude a habit](https://reflectionsfromaredhead.com/attitude-of-gratitude/)!
24. Look after those you love and tell them that you love them often
25. Give up your seat to someone on the bus or train
26. Live patiently. Life is not a race. And put away your technology. You don’t need it all the time!
27. Allow someone else their time to shine
28. Learn more about other cultures, faiths, ideas, languages, people, history
29. Be more considerate of others, whether you know them or not
30. Mentor someone
31. Write someone a thank you note (it could even be anonymous!)
32. Help someone carry their shopping bags to the car
33. If someone makes a mistake, gives you the wrong coffee, forgets to add sauce to your hot dog, don’t chide them. Tell them its ok. Everyone makes mistakes!
34. Spend less time online
35. Step through life with honesty and integrity
36. Read and tell positive stories, stories of hope, resilience and love
37. Focus on the positive
38. Have fun. There’s way too much seriousness in the world, and by you leading the way, others might just have fun too!
39. Spend ‘unplugged’ time with your kids. Give them 100% of your attention
40. Give hugs (with permission, of course!)
41. Create art. Paint, sculpt, write a poem, produce a beautiful song. Share it with the world… or just one special person
42. Instead of driving, walk, ride or catch the bus
43. Be a positive role model to kids / people younger than you
44. Don’t judge others. Remember, you have no idea what is really going on in someone’s life until you have walked in their shoes
45. Decrease your use of plastic
46. Do what you love. That alone will inspire others.

Just think about it – if we all did one small thing, even if it was only every now and then, imagine the impact we could have on the world!