



Workplace Kindness Challenge

This is a fun and engaging challenge to use in your workplace to encourage a kinder, more compassionate environment.

When someone completes all of the items below, celebrate! Consider offering an incentive like a gift card, a vacation day, tickets to an event or whatever is appropriate to your organization.

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| Wake up early to exercise | Place encouraging sticky notes in public areas | Smile | Donate to a local non-profit | STOP! Hydrate yourself. |
| Include someone who might have a new perspective. | Share your favorite song with someone | Create time in your day to connect with someone | Compliment with reckless abandon | Start and end the day with positive intentions |
| Send an uplifting text to a friend or family member | Laugh until your belly hurts | Treat someone to a cup of coffee (a colleague or stranger) | Download a meditation app and try it out before bed | Help someone that could use an extra hand |
| Celebrate someone's accomplishment. | Share some positivity | Write a list of things you appreciate about your boss and give it to them | Tidy up a disorganized area (your desk, storage room, etc.) | Text a colleague an encouraging message |
| Explore your surroundings | Start a gratitude journal | Tell someone they are doing a great job | Make it a point to listen to others and don't interrupt | Write a letter to your future self at futureme.org and schedule it to send back to you in 1 year |
| Leave a glowing review of a local business online | Take five minutes to think about all your positive relationships | Stop what you're doing and breathe deeply, close your eyes and appreciate your life. | Go for a long walk | Get some exercise doing something you enjoy! |
| Buy something from a locally owned business | Become a RAKtivist | Call someone you've been meaning to reach out to | Answer your phone with a smile on your face. People can 'hear' your smile | Recommend an uplifting movie or book to someone |
| Reflect on three things you accomplished this week | Leave coins at a vending machine so someone can enjoy a treat | Tell someone two things you appreciate about them | Relay an overheard compliment to someone | Send someone a card or note of appreciation |
| Put away your phone while in someone else's company | Bring a yummy treat in for everyone to enjoy | Don't complain for 24 hours | Publicly acknowledge someone who deserves the praise | Text someone a positive message |
| Change three small things about your routine that will help the environment | Take a walk and reflect on the things that bring you happiness | Remind yourself that you are doing the best you can | Exhibit kindness, even when in a hurry | Sign up to be an organ donor |

RANDOM ACTS OF KINDNESS
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If you're interested in working with us at The Random Acts of Kindness Foundation to create a customized challenge for your organization, email us at info@randomactsofkindness.org.