



Project Goodness

We would like to invite you to add to the goodness in and around you by practicing good deeds on April 7, 2019 and always!

Tear a task and tell the world about it!

Tell a joke / share a funny video.
Laughter is the best medicine.
#ProjectGoodness #GoodDeedsDay

Ask friends about their day.
#ProjectGoodness #GoodDeedsDay

Reach out to someone who made a difference in your life - and let them know!
#ProjectGoodness #GoodDeedsDay

Learn the names of people you see often, greet them with their name and a smile.
#ProjectGoodness #GoodDeedsDay

Donate some of the clothes you haven't worn in a long time.
#ProjectGoodness #GoodDeedsDay

Make choices today that will benefit the environment tomorrow.
#ProjectGoodness #GoodDeedsDay

Find what's positive in a difficult situation.
#ProjectGoodness #GoodDeedsDay

Be attentive and generous when you're listening.
#ProjectGoodness #GoodDeedsDay

Be extra kind towards a stranger.
#ProjectGoodness #GoodDeedsDay

Offer a helping hand (without being asked!).
#ProjectGoodness #GoodDeedsDay

Let someone go ahead of you in line.
#ProjectGoodness #GoodDeedsDay

Buy someone a "just because" gift.
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Spend time with an elderly person.
#ProjectGoodness #GoodDeedsDay

Write a thank you note - or thank you text.
#ProjectGoodness #GoodDeedsDay

Call a family member just to let them know you're thinking of them.
#ProjectGoodness #GoodDeedsDay

Think of something you do well, and use your talent to benefit others!
#ProjectGoodness #GoodDeedsDay

Give a genuine compliment, it can make someone's day!
#ProjectGoodness #GoodDeedsDay

Smile at everyone you see, it's contagious!
#ProjectGoodness #GoodDeedsDay