We would like to invite you to add to the goodness in and around you by practicing good deeds on March 29, 2020 and always!

Tear a task and tell the world about it!

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Smile at everyone you see, it's contagious!

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

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

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Give a genuine compliment, it can make someone's day.

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Be extra kind towards a stranger.

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Offer a helping hand (without being asked).

#ProjectGoodness #GoodDeedsDay

Write a thank you note - or thank you text.

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

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Let someone go ahead of you in line.

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Be attentive and generous when you’re listening.

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Buy someone a “just because” gift.

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Spend time with an elderly person.

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Find what’s positive in a difficult situation.

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Make choices today that will benefit the environment tomorrow.

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Donate some of the clothes you haven’t worn in a long time.

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