



31 Days OF KINDNESS

A MANIFESTO FOR MAKING KINDNESS A DAILY HABIT

by Alex Blackwell & Friends

“Every act of kindness is like a pebble thrown in a pond sending out ripples far beyond where the pebble entered the water. When we're caring and kind to our neighbors our actions send rings of kindness that spread from neighbor to neighbor to neighbor.”

- [Angela Artemis](#)

Alex Blackwell is the founder and primary writer for [The BridgeMaker](#), an honestly written lifestyle blog dedicated to finding faith, sharing inspiration, and highlighting stories of personal change.



It's time to make kindness a daily habit!

The 31 Days of Kindness project is an attempt to inspire daily engagement in kind actions. Through your participation, we can make the world a kinder, safer place to live.

This manifesto contains 132 ideas from some of the kindest people I know. Each contributor, all talented writers and bloggers, took the time to consider the life-changing impact of kindness and then provided simple ideas for making kindness a daily habit.

Next to each idea you will see the blogger's initials who contributed it. Please visit the **Credits** (page 13) to see the names and blogs behind the initials.

My hope is you are inspired to try these ideas and share this manifesto with anyone in your life who is passionate about kindness, too.

132 ideas to make kindness a daily habit:

1. **Overlooking faults and focusing on the goodness in someone.** ([TM](#))
2. **Going the extra mile when you don't feel like it.** ([TM](#))
3. **Anticipating someone's needs and meeting them.** ([TM](#))
4. **Giving without expectations...even a thank you.** ([TM](#))
5. **Going without so somebody else can have more.** ([TM](#))
6. **Speaking lovingly about others.** ([TM](#))
7. **Sharing what you have like you'll never run out.** ([TM](#))



8. **A quick hello or a short chat over coffee may make a neighbor's day.** ([JS](#))
9. **Take time to wave to those who rarely get that luxury.** ([JS](#))
10. **Pick up the phone and share some love down the line.** ([JS](#))
11. **Who can you give five minutes of your time to?** ([JS](#))
12. **Let others go first.** ([JS](#))
13. **Make yourself available for a day or to lend a hand.** ([JS](#))

14. Dedicate a song to someone. ([JS](#))
15. Invite love into the situation. ([TSM](#))
16. In any situation, ask, "How can I be a representative of love?" ([TSM](#))
17. Look at a person and remember they are a child of You-Know-Who. ([TSM](#))
18. Pay compliments to five strangers a day. ([TSM](#))
19. Any time you receive excellent service, let the service provider know it. ([MS](#))
20. When going through a drive-through, pay for the person behind you. ([MS](#))
21. Tell each person what it is that you love, admire, or enjoy about them. ([MS](#))



22. Treat each person as though they have something to teach you. ([MS](#))
23. Ask restaurant servers, cashiers, etc. "How are YOU doing today?" ([MS](#))
24. When you encounter someone doing a great job, tell them. ([MS](#))
25. Pull up your neighbor's empty garbage can on "garbage day." ([MS](#))
26. Leave your mail carrier a "Have a great day!" note. ([MS](#))
27. Pass out little cards with inspirational quotes to boost someone's spirit. ([MS](#))
28. Smile, make eye contact, and offer a genuine "hello." ([MS](#))
29. The next time you see someone begging, take them to lunch. ([BT](#))

30. **When you get fuel, pay for the next vehicle at your pump. ([BT](#))**
31. **If you design websites or blogs, design one for a local charity for free. ([BT](#))**
32. **Drop a link back to bloggers with less well read sites than your own. ([TB](#))**
33. **Follow everybody on Twitter that takes the time to talk to you. ([TB](#))**
34. **Respond to EVERY e-mail that tells you how much they enjoy your blog. ([TB](#))**
35. **Tell your readers you really appreciate them – and be genuine. ([TB](#))**
36. **Give yourself the kindness that comes from listening to your heart. ([JL](#))**



37. **Kindness is that smile that brightens someone's day. ([SC](#))**
38. **Kindness is being there for a friend who is blue. ([SC](#))**
39. **Kindness is caring and compassionate. ([SC](#))**
40. **Kindness is something we sometimes forget to be to ourselves. ([SC](#))**
41. **If you grow produce, grow a little more and share the abundance. ([SL](#))**
42. **Contribute the cost of someone's medicine for a week or a month or a year. ([SL](#))**
43. **Get in touch with your own inner peace, then kindness naturally radiates. ([SL](#))**

44. **Please don't smoke in public. That includes in nature!** ([SL](#))
45. **Is your music too loud? Turn it down.** ([SL](#))
46. **Visit someone who is lonely, ill, or dying.** ([SL](#))
47. **Sit next to someone who is less popular instead of your friends.** ([SL](#))
48. **If you are a blogger, link to a less popular blog or comment on one.** ([SL](#))
49. **Whenever you feel happy, makes a wish for everyone to feel happy.** ([SL](#))



50. **Whenever you see someone, wish "may you be happy and well."** ([SL](#))
51. **Visit www.thehungersite.com to give free food to someone in need.** ([SL](#))
52. **Be alert to notice opportunities to provide a meaningful compliment.** ([JkA](#))
53. **Share your smile to people.** ([JkA](#))
54. **Call a friend and let them know that they were on your mind.** ([JkA](#))
55. **Send an email to your partner telling them how much they mean to you.** ([JkA](#))
56. **Extend thank yous whenever someone does something for you.** ([JkA](#))
57. **Make eye contact and smile.** ([AJ](#))

58. Give someone your undivided attention when they're talking to you. ([AJ](#))
59. Remember people's names and use them often. ([AJ](#))
60. Plow your neighbor's driveway. ([AJ](#))
61. Pay attention to your coworkers. ([AJ](#))
62. Instead of taking leftovers from a restaurant, give them to someone in need. ([AJ](#))
63. Donate pet food to your local food pantry. Animals need kindness too! ([AJ](#))



64. If you regularly fill up coffee "punch-hole" cards, give your "free" cup away to a stranger in line every once and awhile. ([AJ](#))
65. Let someone through in traffic! ([AJ](#))
66. Dust the snow off of the cars next to you in the parking lot at work. ([AJ](#))
67. When someone asks for money to buy food, offer to go with them to buy food. ([AJ](#))

68. If you live in a city that buys cans, save your cans and give them to someone else who needs them. ([AJ](#))
69. A look of compassion, understanding toward a harried mother. ([JH](#))
70. Remembering what delights your loved one most and giving that to them unconditionally, no strings. ([JH](#))
71. Saying "no" to obligation. ([JH](#))
72. Teaching someone patiently. ([JH](#))
73. Loving you unconditionally, and then extending that love to others. ([JH](#))
74. Allowing a loved one to walk their path without interfering. ([JH](#))
75. The gifts of grace, compassion, forgiveness to others and to you. ([JH](#))
76. Be kind to your life partner even and especially during the times of disagreement. ([FB](#))
77. Take a deep breath before you say things you might regret. ([FB](#))



78. Disagree all day long but do it with kindness. ([FB](#))
79. Show kindness in your words, your demeanor, your eye contact, your body language and your voice. ([FB](#))
80. Listen without forming an opinion or judgment. ([LD](#))

81. Give without expecting something in return. ([LD](#))
82. Help without feeling or acting superior. ([LD](#))
83. Be willing to say no if it's the best thing you can do. ([LD](#))
84. Be kind to yourself--it's the first step in being kind to everyone else! ([LD](#))
85. Send a letter - ideally, handwritten. It's so rare to get a personal letter through the mail; you're bound to make someone's day. ([AL](#))
86. Be a bug-spotter. If you notice something wrong on a website, send a polite email or direct message to the website's owner and let them know. ([AL](#))
87. Buy a surprise gift for a friend or family member. ([AL](#))
88. Donate your unwanted clothes, books and other items to charity. ([AL](#))



89. Pray for others and wish them prosperity. ([DT](#))
90. Mentor someone, without expecting anything in return - let their success be your only reward. ([SS](#))

91. **Tithe regularly to the people who inspire and lovingly support you. ([LC](#))**
92. **Cook a meal or bring food to someone who is ill. ([LC](#))**
93. **Pay the toll fee for the person in the car behind you. ([LC](#))**
94. **Become a great listener rather than a great fixer. ([LC](#))**
95. **Help another for the joy of it. ([LC](#))**
96. **Help a friend move. ([LC](#))**
97. **Let the people you care about know how much you love and appreciate them...often. ([LC](#))**
98. **Smile at people when you are with them. ([LC](#))**



99. **Practice courtesy and respect; open a door, say please and thank you. ([LC](#))**
100. **Ask people what they need rather than assuming that you know. ([LC](#))**
101. **Help a stranger who is lost. ([LC](#))**
102. **Make amends when you are wrong. ([LC](#))**
103. **Accentuate the positive and focus on what people do well. ([JW](#))**

104. When leaving an interaction, tell people to have a "great" or "wonderful" or "nice" day BUT really mean it. ([JW](#))

105. Buy your mother or wife flowers. ([JW](#))



106. Bring in your neighbor's trash cans while they're at work. ([AA](#))

107. Bring their paper in off the lawn to their front door. ([AA](#))

108. Pick up trash from their lawn. ([AA](#))

109. Take an elderly neighbor grocery shopping. ([AA](#))

110. Assist your older neighbors with yard work. ([AA](#))

111. Watch out for trespassers on neighbor's property. ([AA](#))

112. Take your child to visit an elderly person living alone. ([AA](#))

113. Buy a lottery ticket for a stranger. ([AD](#))

114. Put some coins in someone else's parking meter. ([AD](#))

115. Treat a friend to the movies for no reason. ([AD](#))

- 116. Give another driver your parking spot. ([AD](#))
- 117. Buy an inspirational book for a friend. ([AD](#))
- 118. Cook a meal. Do this for my family if they are coming home from holidays or a weekend away so they don't have to. ([SK](#))



- 119. Offer to watch your niece or nephews for a couple of hours. ([SK](#))
- 120. Clean up around your neighborhood. When you're out for a walk take an extra bag along with you and pick up some trash as you go. ([SK](#))
- 121. Borrow a friend's car and return it full of gas and cleaned to a shine. ([SK](#))
- 122. Relieve someone of a task or duty that they really don't enjoy doing. ([SK](#))
- 123. Scrape the ice off your neighbor's car windshield. ([DR](#))
- 124. Invite someone who lives alone over for dinner. ([DR](#))
- 125. Buy a simple bunch of flowers for your daycare worker, secretary, or minister. ([DR](#))

126. **Maintain kind thoughts. Notice when an unkind thought enters your mind. Let that thought go and replace it with a kind thought. ([ADeB](#))**
127. **Use kind language. Refrain from words and conversations that are unkind or could hurt others in any way. ([ADeB](#))**
128. **Perform an anonymous act of kindness. All acts of kindness are beautiful and welcome but when our kindness is anonymous, we guarantee it's genuine and selfishness. ([ADeB](#))**
129. **Ask yourself "how can I be of service?" ([ADeB](#))**
130. **Call a teacher or mentor and let them know they changed your life, and you're eternally grateful for their impact. ([MS](#))**
131. **If you write or publish online content, treat your readers kindly. Think about them as people instead of subscriber numbers. Ask them: is there anything I can do to help you? Then do it. Then repeat. ([CG](#))**
132. **Visit a nursing home. They are full of elders who often have no visiting family. Simply sit with an elder and share your life stories. ([RE](#))**

Credits

TM is **Tess Marshall** | [The Bold Life](#)

JS is **John Sherry** | [Real Simple People](#)

TSM is **Tara Sophia Mohr** | [Wise Living Blog](#)

MS is **Michelle Stimpson** | [Following Your Joy](#)

BT is **Bryan Thompson** | [Evolution Life](#)

TB is **Tim Brownson** | [A Daring Adventure](#)

JL is **Jasmine Lamb** | [All Is Listening](#)

SC is **Suzie Cheel** | [Suzie Cheel](#)

SL is **Sandra Lee** | [Always Well Within](#)

JkA is **Jk Allen** | [The Hustlers Notebook](#)

AJ is **Adrienne Jurado** | [Experience Life Fully](#)
JH is **Joy Holland** | [Unfolding Your Path to Joy](#)
FB is **Farnoosh Brock** | [Prolific Living](#)
LD is **Lori Deschene**, Founder of Tiny Buddha | [Tiny Buddha](#)
AL is **Ali Luke** | [Aliventures](#)
DT is **Dia Thabet** | [2 Achieve Your Goals](#)
SS is **Sid Savara** | [Sid Savara](#)
LC is **Lorraine Cohen** | [Powerfull Living](#)
JW is **Joe Wilner** | [Shake Off the Grind](#)
AA is **Angela Artemis** | [Powered by Intuition](#)
AD is **Arvind Devalia** | [Arvind Devalia](#)
SK is **Sherri Kruger** | [Zen Family Habits](#)
DR is **Dandy Reiner** | [The Reflective Self](#)
AdeB is **Andrea DeBell** | [Britetalk](#)
MS is **Marcus Sheridan** | [The Sales Lion](#)
CG is **Chris Guilebeau** | [Chris Guilebeau](#)
RE is **Robin Easton** | [Naked in Eden](#)

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