



CHRONIC JOY® TOOLBOX

INTENTIONAL KINDNESS 30 CREATIVE WAYS

Pause. Seek. Notice. Allow yourself to be inconvenienced by the will of God. Then take the first intentional step forward and see what He will do.

1. Send a note or card to a friend or neighbor, *just because*.
2. Tuck an *Intentional Kindness* bookmark into a favorite book and share it with someone who is struggling.
3. Celebrate someone and tell them why.
4. Take the time to really listen to someone's story.
5. Donate blood. One pint can save up to three lives.
6. Pray for the cashier while you wait in line, the person in front of you in the drive-thru, the person waiting for a medical test.
7. Surprise a friend with flowers.
8. Record a book or magazine for someone who is visually impaired or too sick to read right now. It's quick and easy with the Voice Memo app on your cell phone.
9. Find out which charity is most important to a friend or loved one and make a donation in their honor.
10. Pay It Backward: Buy coffee for the person behind you in line.
11. Text someone an encouraging image. Chronic Joy® has thousands to choose from!
12. Catch up with a lonely family member or friend via phone, Facetime, or Zoom.

Visit chronic-joy.org for more resources.



13. Share a virtual coffee with a friend or loved one anywhere in the world.
14. Pray for the last person you texted, for your mail carrier, trash collector, or medical receptionist.
15. Text an inspirational quote to a friend first thing in the morning.
16. Schedule a lunch date (in person or remote).
17. Offer a bottle of water and a sealed snack to a weary delivery driver.
18. Write a review for your favorite local or online small business.
19. On trash day, bring your neighbors' bins up from the curb.
20. Spread a little cheer. Take a walk through the neighborhood and greet everyone you meet.
21. Venmo or give a \$5 gift card to a friend for coffee and include an encouraging note.
22. Surprise a good server with a great tip and make their day.
23. Write a LinkedIn recommendation for someone whose work you appreciate.
24. Acknowledge important anniversaries, good and hard.
25. Fill a gift bag or box with brightly colored paper plates, napkins, and utensils, and attach a Gift Tag that says, "For the days there's not enough energy."
26. Treat a friend to matching coffee mugs, and commit to praying for each other over morning coffee.
27. Smile often.
28. Practice patience in spite of the circumstances.
29. Shower others with grace upon grace upon grace.
30. Pass on encouraging stories of hope and kindness.

**"A single act of kindness throws out roots in all directions,
and the roots spring up and make new trees."**

Amelia Earhart

Visit chronic-joy.org for more resources.

