



Intentional Kindness

30 CREATIVE WAYS

*Think of the kindness you wish others would show you;
do the same for them.*

(Luke 6:31)

Pause. Seek. Notice. Be aware of the people around you. Observe the tender prompting of the Spirit. Be intentionally kind and discover what God will do.

1. Send a note to a friend or loved one *just because*.
2. Tuck an encouraging quote into a favorite book and share it with someone who is struggling.
3. Celebrate someone's good news! We're better when we celebrate one another.
4. Take the time to listen to someone's story.
5. If you're able, donate blood. One pint can save up to three lives.
6. Pray for the cashier while you wait in line or for the person in front of you in the drive-thru or for another patient in a medical waiting room.
7. Surprise a friend or loved one with flowers.
8. Record a book or article for someone who is too sick to read right now. It's quick and easy using 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. Text someone an encouraging image. Chronic Joy® has hundreds to choose from!

Visit chronic-joy.org for more resources.



11. Pay it backward. Buy coffee for the person behind you in line.
12. Catch up with a lonely friend or loved one.
13. Share a virtual coffee with a friend or loved one anywhere in the world.
14. Pray for the last person you texted, your mail carrier, trash collector, or medical receptionist.
15. Text an inspiring quote to a friend first thing in the morning.
16. Schedule a lunch date with a friend or loved one you haven't seen in awhile.
17. Offer a bottle of water and a sealed snack to a hardworking delivery driver.
18. Write a review for your favorite local business.
19. Bring your neighbors' trash bins up from the curb.
20. Take a walk through the neighborhood and greet everyone you meet.
21. Venmo \$5 to a friend or loved one as a "Coffee on me" surprise.
22. Leave a great tip for a good server and make their day!
23. Write a recommendation or review for work you appreciate.
24. Acknowledge important anniversaries, both good and hard.
25. Fill a box with paper plates, napkins, and plastic utensils. Attach a gift tag that says, "For the days when there's just not enough energy."
26. Treat a friend to matching coffee mugs, and commit to praying for each other over coffee every morning.
27. Smile often. You'll be surprised how good it feels!
28. Practice patience in spite of your circumstances.
29. Shower others with grace upon grace upon grace.
30. Share 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)

chronic-joy.org/intentional-kindness

