

# Additional Daily Do Goods



5 Minutes a day



Actions that you perform during the day, all in the spirit of doing something nice for someone else. Use this checklist once you completed the first one.

Plant a tree
Visit a nursing home
Donate books
Visit an animal shelter
Pay for someone else's coffee order
Make breakfast for someone you live with
Cook dinner for friends
Introduce yourself to someone new
Send someone a small gift
Leave a kind note in a public space
Offer to walk a friend's dog
Sign up to become an organ donor
Tip a street performer
Take part in a clean-up
Write a thank you letter to someone
Send a card to a sick child in hospital
Help someone recognise their positive qualities
Cook an extra portion of dinner and donate it
Put flowers on a random grave or memorial
Start writing to a pen friend

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Create a playlist of feel good songs for a friend
Offer someone a lift
Stop to let a pedestrian cross the road
Offer to take a picture for someone else (e.g. tourist)
Sign a petition for a good cause
Create a care package for someone in need
Offer to cut your neighbours grass
Donate warm clothes to a shelter
Make some soup for a sick friend / family member
Offer directions to someone who is lost
Attend a first aid / CPR course
Tell someone how much they mean to you
Leave a positive online review for a restaurant you love
Tip your waiter/waitress generously
Smile at everyone you cross paths with
Donate items from your home
Take a rose to someone in a care home
Offer to house sit for someone when they are away
Surprise someone
Ask 'How can I help you?'

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Compliment a coworker for their work
Introduce yourself to your neighbours
Bake a cake for someone's birthday
Do something good for yourself
Get groceries for someone in need
Do the task no one else wants to do
Offer to babysit
Forgive someone
Create a photo book for someone
Leave a treat/tip for your bin man/woman
Help out in a soup kitchen
Drop off extra bags of animal food at the animal shelter
Take the bus/bike/walk instead of your car
Unplug your devices when not needed
Leave a nice note in your partner's or child's bag
Try to use less plastic
Buy an inspirational book for someone
Comment on a blog you like
Give to a food bank
Leave a treat/tip for your post man/woman