

# 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 to get started.

- Hold the door open for someone
- Give a sincere compliment
- Tell someone you love them
- Bake/buy some cakes for your office
- Pick up litter when you're on a walk
- Donate some money to charity
- Have a conversation with a stranger
- Volunteer your time on your day off
- Make someone laugh
- Take time to really listen to someone
- Visit someone who may be lonely
- Give food or money to a homeless person
- Give blood
- Pass on a book you've enjoyed
- Buy an unexpected gift for someone
- Let someone queue in front of you
- Give someone a hug
- Give up your seat on public transport
- Organise a fundraising event
- Contact someone you've lost touch with