

## 91 Ideas for Planning Acts of Selfless Service That Will Bless Lives And Spread Love & Goodwill

### 1 Minute or Less

1. Smile at someone - almost everyone feels better when they see a smile.
2. Sincerely compliment someone. Could be their character, appearance, accomplishment, diligent effort or anything else you see.
3. Express appreciation out loud to someone.
4. Pay for the meal of the anonymous person behind you in line.
5. Praise someone at work for doing a great job.
6. Give extra affection to someone you think could use it - a hug, kiss on the cheek, or short neck or back rub could make someone's day.
7. Do a quick chore or two around the house.

### 5 Minutes or Less

1. Introduce a friend to someone they would benefit from knowing
2. Invite someone over for dinner on a future day
3. Write someone in your family a secret "thank you" or "I love you" note.
4. Hide notes of love or encouragement in your spouse or child's lunch or their coat, shoes or other place they will find it during the day.
5. Be kind to someone you have a difficult time liking by going out of your way to say hi and ask how they are doing.
6. Send an anonymous donation to a neighbor or community member who is struggling financially.
7. Send a text message to a friend you haven't connected with in too long - tell them you're thinking of them and what you love about them.

### 15 Minutes or Less

1. Listen intently to someone - really seek to hear them without interjecting to speak your mind.
2. Write someone a physical note of gratitude or a sincere compliment - mail it or give it to them in person (not via email). Become a note giver.
3. Call a friend or relative you haven't spoken to in a while just to say hi.
4. Give someone a neck rub or back massage
5. Play catch or a short game with a child
6. Send someone a completely anonymous note in the mail listing qualities you admire in him or her.
7. Comment on a blog where someone is making an effort to help people.
8. Invite everyone in your house to go through their books for just 10 minutes and choose a few to donate (to the local library or elsewhere)

### 30 Minutes or Less

1. Give a gift certificate to someone on the street who needs help.
2. Donate money to a charity
3. Give away some of your old stuff
4. Do some extra 'chores' around the house - clean the bathroom, fold some laundry, clean a neglected drawer or garage space.
5. Wake up early and make lunches for your family members
6. Write letters to your grandparents, great-aunts, and great-uncles.
7. Organize a dinner or potluck with neighbors.
8. Pay extra special attention to your child by reading, playing outside, helping with school, truly listening to them.
9. Find and commit to doing some type of volunteer work this week. Search for opportunities in your community by typing 'volunteer in (your city name)' in a search engine, or search a site like [www.volunteermatch.org](http://www.volunteermatch.org)
10. Random act of kindness for your neighbor - stop by with a treat or some flowers.

### 30-60 Minutes

1. Mow your neighbor's lawn, rake their leaves, or shovel their walk.
2. Donate blood
3. Clean out your closet and donate clothes you no longer use.
4. Donate your expertise to someone in need.
5. As a birthday or other gift, purchase a goat, cow, or chicken for a needy family overseas in the name of a friend or family member at [www.heifer.org](http://www.heifer.org).
6. Read a book or newspaper to an elderly person
7. Do some deep cleaning around the house that you normally don't do
8. Take a neighbor's dog for a walk, or go walking with an elderly neighbor

### **Over An Hour** (Sorted into categories)

#### **Serve your family and friends**

1. Take someone out to lunch
2. Invite someone over for dinner
3. Make some yummy food to share at work or with your family
4. Make a creative and fun dinner for your loved ones - design the food into creative or shapes or an artistic or elegant presentation - have fun with it, put extra love into it, make it a bit more special than normal.
5. Offer to clean your friend's house who you know is super busy with kids and work.
6. Offer to babysit a friend or neighbor's child so they can have a night out.
7. Take a child out on a special one-on-one date to do whatever they would love to do more than anything.
8. Organize and run a monthly conference call with your brother's, sisters, and parents to keep the family close. ( [www.freeconferencecall.com](http://www.freeconferencecall.com) )

#### **Help the homeless, hungry, or lonely**

1. Volunteer to help at a Soup Kitchen.
2. Volunteer with Feeding America - the surplus food charity - repackaging food, tutoring kids, clerical work, etc. ( [www.feedingamerica.org](http://www.feedingamerica.org) )
3. Conduct a canned food drive and donate it to a local organization.
4. Collect clothing/hygiene supplies/toys/paper products/blankets to give to a shelter
5. Cook casseroles to be served at the Soup Kitchen
6. Make sandwiches and bag lunches for homeless children or a shelter
7. Sponsor a birthday party for a needy child
8. Participate in a Walk or Run and gather pledges to raise funds for food banks and pantries
9. Adopt a family – give gifts anonymously or holiday gifts, have a friendship with them, have barbecues together
10. Work, plant, water, weed and/or harvest in a community garden
11. Plan a meal, purchase ingredients, and prepare food for a small family in transitional housing
12. Prepare homemade greeting cards for people in supervised homes, prisons, or nursing homes.

#### **Assist children**

1. Collect items to make baby bags for poor mothers who recently had a baby – may contain diapers, baby bottles, pacifiers, burp rags, formula, baby food, etc.
2. Make activity kits for children living in shelters for the homeless or abused.
3. Hold a drive to collect sunscreen, healthy snacks, or art & school supplies for children in need

4. Hold clothing drives and donate clothes to those in need
5. Re-paint or re-build playground equipment
6. Play basketball or other sports with children in need
7. Conduct a fundraiser to help send a child to summer camp
8. Write letters to or for sick children

### **Befriend the elderly**

1. Plant flowering plants in pots and deliver them to a long-term care facility for senior adults.
2. Commit to do certain household tasks for elderly people in your community on a regular basis.
3. Do yard work for widows.
4. Organize a talent show or musical program for residents at a nursing home
5. Give manicures and pedicures to elderly women in nursing homes
6. Make emergency storm packs for elderly in times of need
7. Organize a Bingo evening or game night
8. Organize a barbecue for a group of elderly people who may be lonely
9. Perform seasonal yard work including weeding, mowing lawns, raking leaves, and shoveling snow for nursing homes
10. Make decorations for rooms – could make flowers out of tissue paper or construction paper to brighten up a room or attach to wheelchairs or beds
11. Spend time just listening to stories and memories about someone's life.
12. Play board games with nursing home residents

### **Care for People who are sick or disabled**

1. Help run an event or cheer and support athletes for the Special Olympics
2. Do a Walk or Run to educate and raise money for cancer research (or another important disease)
3. Deliver or serve meals to people who are bedridden or their families
4. Make food for families who have relatives in the hospital

### **Respond to the environment or community needs**

1. Clean up a vacant lot in your neighborhood
2. Clean up litter on the street or in a park
3. Clean the banks of a nearby river or beach.
4. Clean the grounds of a cemetery or a public park.
5. Clear trails and make them more usable and enjoyable.
6. Plant flowers and trees in your yard or (with permission) in other public areas
7. Volunteer at an animal shelter.