

# 76 ACTS OF GENEROSITY CHALLENGE

- ☐ 1. Be present, really listen and give someone your complete undivided attention when they're talking to you.
- ☐ 2. Write words of encouragement on post-it notes and stick them random places.
- ☐ 3. Pick up any rubbish that you see at the beach, park or in the street.
- ☐ 4. Tell someone you're grateful for them and why.
- ☐ 5. Hold the door open for someone else.
- ☐ 6. Smile at every single person you come across for the day.
- ☐ 7. Tell someone that they're doing an awesome job.
- ☐ 8. Give someone a meaningful compliment.
- ☐ 9. Make eye contact with people when you talk to them.
- ☐ 10. Bring breakfast or morning tea for the people at your workplace.
- ☐ 11. Call someone you haven't talked to in ages purely to check in with how they are and what's going on with them.
- ☐ 12. When you get paid — give first. It
- ☐ 13. Send someone a card on their Birthday instead of texting or writing on their Facebook wall.
- ☐ 14. Be a daymaker and do something to make someone else's day.
- ☐ 15. Write a glowing review for a podcast you're obsessed with.
- ☐ 16. Buy someone their favourite chocolate for no particular reason.
- ☐ 17. Tell someone who's embarking on something new that you believe in them and know they can do it.
- ☐ 18. When you encounter someone who's wearing a name tag make an effort to use their name when you speak to them. Bonus points for giving them a compliment!
- ☐ 19. Tell someone why you love having them in your life.
- ☐ 20. Use good manners. Please and thank you are simple but appreciated.
- ☐ 21. Put in a good word for someone without being asked to.
- ☐ 22. Share your knowledge on something without asking anything in return.
- ☐ 23. Send someone a letter or card in the mail.
- ☐ 24. Give someone a compliment about something unexpected that you really love about them.
- ☐ 25. Buy something from a company that is doing awesome stuff in the world.



- ☐ 26. If you know someone who's going through a really tough time tell them that you're here for them and that you want to help and give them 3 solid suggestions on how you could do this.
- ☐ 27. Bake something for someone and surprise them with it.
- ☐ 28. Use social media to send words of encouragement to someone.
- ☐ 29. Make someone a cup of tea just because (if they like tea of course!) or make them their favourite hot drink.
- ☐ 30. Offer to do someone something that doesn't benefit you at all.
- ☐ 31. Give someone a gift, not for an occasion, just because you thought they would love it.
- ☐ 32. Make an awesome playlist for someone and give it to them (you could send them a Spotify link or burn it to a CD.)
- ☐ 33. Pass on a book you read and loved for someone else to read or donate it to somewhere that collects books.
- ☐ 34. Write an awesome comment on an article you enjoyed.
- ☐ 35. Create/make/bake something then give it to someone.
- ☐ 36. Donate clothes and belongings you no longer need, want or love.
- ☐ 37. Do a metta meditation. I learnt this technique at a Vipassana meditation retreat where you cultivate love and send kindness and compassion out to the world.
- ☐ 38. Pay for something for the people behind you in the queue (coffee, ice-cream etc.)
- ☐ 39. Gift someone a book on their Kindle.
- ☐ 40. Be grateful for all that you have to give.
- ☐ 41. Send someone an email with no agenda just to tell them that you love what they're doing.
- ☐ 42. Spend time away from social media, emails, your phone and technology and instead give everyone your full and undivided attention for a particular amount of time.
- ☐ 43. Giving someone space when they need it (the introverts in your life will love you for this!)
- ☐ 44. Volunteer your time to someone else to help them do something.
- ☐ 45. Give blood (if you can).
- ☐ 46. Buy a gift card and give it to someone.
- ☐ 47. Tell someone "you're awesome!"
- ☐ 48. Purchase some extra groceries when you're shopping and put them in the food bank in the supermarket.
- ☐ 49. Wash someone else's car.
- ☐ 50. Share on social media about a person/product/book/experience that you truly loved.
- ☐ 51. Go to someone's house and cook for them.
- ☐ 52. Give someone a tutorial of something you know how to do that they don't, and be super patient with them as you talk them through it.
- ☐ 53. Celebrate someone else. Make them a cake or send a card. For their birthday, some exciting news, an achievement or just because they're awesome.
- ☐ 54. Give someone flowers (just because!)
- ☐ 55. Write someone a letter and send it to them.
- ☐ 56. Do the dishes when someone else has cooked something for you.
- ☐ 57. Send postcards to people, just because.



- ☐ 58. Sell something you don't use anymore and give the money to a worthwhile cause.
- ☐ 59. Forgive someone who has done you wrong and let go of the anger and resentment towards them.
- ☐ 60. Forgive yourself for not being perfect, screwing up, failing, or doing something you shouldn't have. Give yourself permission to be human.
- ☐ 61. Tell your parents, grandparents (or any significant people in your life) how they've influenced you and why you're grateful for them.
- ☐ 62. Truly support someone and be there for them in their time of need.
- ☐ 63. Give the people you're out for dinner with your full and undivided attention by not going on your phone.
- ☐ 64. Eat at a social enterprise restaurant. Delicious food for a good cause is AWESOME.
- ☐ 65. When someone shares something with you that they're really excited about or proud of, meet them with their enthusiasm and truly celebrate with them.
- ☐ 66. Package up your leftovers to send home with your dinner guests.
- ☐ 67. Ask someone what the BEST part of their day was and give them your undivided attention when they tell you about it.
- ☐ 68. Bake something super delicious and take it somewhere to share it with people.
- ☐ 69. Buy an extra copy of a book you're getting to give someone else.
- ☐ 70. Buy a meal for someone.
- ☐ 71. Send someone a voice clip instead of a text message.
- ☐ 72. When someone in your life is sick and not feeling good, take them over some movies to watch.
- ☐ 73. Dedicate an hour (or 3 or even a whole day) to someone else (to help them or to just be there for them).
- ☐ 74. Take care of yourself first so you can give to others and be generous from a place of overflow and not lack.
- ☐ 75. Tell someone that they make the world a better place and truly mean it.
- ☐ 76. When someone does something kind and generous for you, accept it with gratitude and thanks.

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## Add your own:

- ☐ 77.
- ☐ 78.
- ☐ 79.
- ☐ 80.

I'd love to see your acts of generosity in action so if you feel called to share on Instagram feel free to tag me @oneinfinitelife and use the hashtag #oneinfinitelife