



Kindness Inspiration

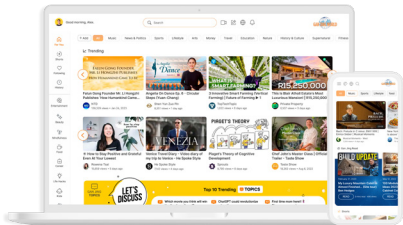
30 cards to
inspire kindness,
creativity, and
connection.



Join the
#BeKindBeCool
challenge



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Challenge

The Compliment Spark

Give a sincere compliment to someone today. Make it specific, thoughtful, and from the heart.

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Challenge

The Quiet Helper

Do one helpful thing for someone without telling them it was you.

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Challenge

Message of Encouragement

Send a short message to someone who may need support, encouragement, or appreciation.

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Challenge

Listen First

Put your phone down and give someone your full attention for 15 minutes.

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Challenge

Kindness to a Stranger

Hold a door, offer a smile, let someone go first, or say a warm “thank you.”

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Family Appreciation

Tell a family member one thing you appreciate about them.

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Forgive a Little

Let go of one small irritation today. Choose peace over being right.

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Digital Kindness

Leave a positive comment on a video, post, or creator's page.

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Challenge

Share Something Good

Share a wholesome story, positive video, or uplifting thought with someone.

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Challenge

Thank a Hidden Hero

Thank someone whose work often goes unnoticed: a cleaner, driver, cashier, teacher, parent, or coworker.

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Challenge

● Content idea

“Today’s kindness challenge is..”

Film yourself doing
one small act of
kindness today.

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Challenge

● Content idea

“I wanted to make someone smile, so I..”

Capture someone's
reaction after receiving
a kind note, compliment,
or surprise.

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Challenge

● Content idea

“A small act changed the mood..”

Show a moment before
and after a kind action.

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Challenge

● Content idea

“This is my thank-you message to...”

Record yourself
thanking someone
who has helped you.

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● Content idea

“Kindness doesn't have to be big.”

Create a quick
montage of three
simple kind actions.

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Challenge

● Content idea

**“I’m passing
kindness forward.
You’re next.”**

Do something kind, then invite the next person to continue the chain.

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Challenge

● Content idea

**“I asked
people what
encouragement
they needed...”**

Ask people: “What is one kind word you need to hear today?”

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● Content idea

“Kindness starts at home.”

Show a simple act of kindness for a parent, child, sibling, spouse, or roommate.

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● Content idea

“I still remember this act of kindness..”

Tell a short story about
a time someone was
kind to you.

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Challenge

● Content idea

**“I wanted to bring
a little light to
someone’s day.”**

Share a respectful, simple
public kindness moment.

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Quote

“No act of kindness, no matter how small, is ever wasted.”

Aesop

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Quote

**“A kind word can
warm three winter
months.”**

Chinese Proverb

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Quote

“Be kind whenever possible. It is always possible.”

Dalai Lama

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Quote

**“Try to be
a rainbow in
someone’s cloud.”**

Maya Angelou

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Quote

“Kindness is the language which the deaf can hear and the blind can see.”

Mark Twain

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Quote

“Kind words can be short and easy to speak, but their echoes are truly endless.”

Mother Teresa

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Quote

**“If you light a lamp
for someone else,
it will also brighten
your path.”**

World Proverb

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Quote

“Do not avoid doing a good deed even if it seems trivial, and do not commit an evil act even if it seems small.”

Records of the Three Kingdoms

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Quote

**“No one has
ever become poor
by giving.”**

Anne Frank

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Quote

**“How do we
change the world?
One random act of
kindness at a time.”**

Morgan Freeman

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