



1  
Ring a friend instead of a text



2  
Say something positive, not negative



3  
Check on a neighbour, say hi



4  
Leave a positive comment on a website



5  
Do a good deed for the homeless



6  
Write your partner a list of what you love about them



7  
Smile at someone



8  
Donate some clothes to charity



9  
Compliment 3 people you talk to today



10  
Feedback to a manager about a colleague



11  
Become a mentor



12  
Recommend on LinkedIn



13  
Make a Gratitude list



14  
Whilst in company, put your phone away!



15  
Take time to do a craft with a child



16  
Encourage others with Post-It notes



17  
Give your Boss recognition



18  
Sign up to be a volunteer or charity challenge



19  
Welcome a new colleague



20  
Make a food donation at your local food bank



21  
Shop local. Supporting small business



22  
Tell one person in your family you love them



23  
Reconnect with someone you've lost touch with



24  
Pay someone an honest compliment



25  
Eat vegetarian/ vegan for the day



26  
Donate your books



27  
Take time to relax.. Be kind to yourself



28  
Do a chore that isn't normally yours



29  
Offer to pick up a neighbour's groceries



30  
Learn more about Black Lives Matter



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