Goodness Checklist!

Let's be the reason someone believes in the goodness of people.

Go that extra mile when you see something is missing.

Reach out to encourage, without expectation of return.

Provide what's needed – anonymously if possible.

Care for something that's not your responsibility.

Let go of something.
Release your anger or expectation, or…

Give a verbal hug to someone who has felt rejected.

Be with someone. Just be. No words, or advice.

Open doors for others – figuratively speaking.

Clean up a mess,
especially if you weren't involved.

Smile even when you don't feel like it.

Make it a positive and thankful week - PositiveThanksLiving.com