

Caring and Kindness: 40 day challenge

Patricia's 2016 Activities

Day 1 - Note with candy heart given to people passed on the street

Day 2 - Wrote notes to people met at a conference about a year ago but haven't had contact with since then

Day 3 - Donated books to daycares

Day 4 - Red Robin restaurant gift card to mail carrier

Day 5 - Passed out 118 carnations in 50 minutes on a busy downtown street at lunch time

Day 6 - Celebrated her birthday by giving this key-chain gift to all the party goers, reminding them to follow their dreams

Day 7 - Paid it backwards at the DQ drive thru

Day 8 - Gave away three tickets to Lego KidFest

Day 9 - Donated to a gofundme campaign

Day 10 - Took breakfast to the students of a special needs classroom

Day 11 - Took several microwavable, quick, and easy lunches to a hairstylist that tends not to schedule herself a lunch break.

Day 12 - Took homemade chili to the teachers of the Special Education Department at a local middle school. I knew many of them, but also met new teachers in that department.

Day 13 - Took brownies to local fire station

Day 14 - Paid it backwards at Dairy Queen

Day 15 - Called a friend I have not seen or spoken to since the summer of 2014

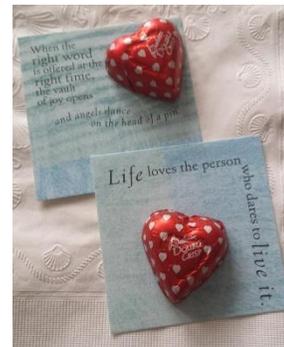
Day 16 - Took fruit and cheese to the dentist's office, salad to a group of teachers, and read one of my books to a middle school special needs classroom.

Day 17 - Donated to a family college fund; not my family, the family of an acquaintance who has six graduates going off to college this year

Day 18 - Helped an older lady at the bank this morning

Day 19 - Joined <http://smile.amazon.com/> Now, when I enter Amazon using this link, 5% of my purchase price will go to charity

Day 20 - Introduced myself to a single senior that lives in my neighborhood. We often pass each other and wave but have never really met. I took her a plant and let her know my door is always open to her.



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Day 21 - Paid it backwards at Dairy Queen

Day 22 - Volunteered at a soup kitchen

Day 23 - Contributed a few supplies to an elementary school classroom

Day 24 - Paid library fines for a few people

Day 25 - Emailed four people met at a conference a couple of years ago

Day 26 - Donated a couple of evening dresses and a pair of shoes to the Apex United Methodist Church Prom Shoppe. The Prom Shoppe provides FREE prom dresses

Day 27 - Sung at a College Aspiration Day program this morning and made it a point to give sincere compliments and/or words of encouragement to students as well as other people there.

Day 28 - Paid it backwards at the Taco Bell drive-thru

Day 29 - Left coins at kiddie rides in the mall

Day 30 - Paid a stranger's late fee at a small local library

Day 31 - Looked up voting locations for a couple people. Congratulated young man voting for the first time.

Day 32 - Checked on the sick and shut-in as well as rearranged her schedule for a friend

Day 33 - Bought twelve people donuts to go with their morning coffee

Day 34 - Painted a senior's fingernails

Day 35 - Paid it backwards at Bojangles

Day 36 - Thanked the gentleman that walked her to her car and stayed with her until she could leave because the car wouldn't start

Day 37 - Paid it forward at the movie theater. The lady in front of me was having trouble with her credit card.

Day 38 - Gave my doctor a retirement gift

Day 39 - Donated three bikes to the Bicycle Man's facility. They offer free bikes to children that might not otherwise get a bicycle.

Day 40 - Listened without judgement and only offered a suggestion when asked making sure to pay attention to boundaries

