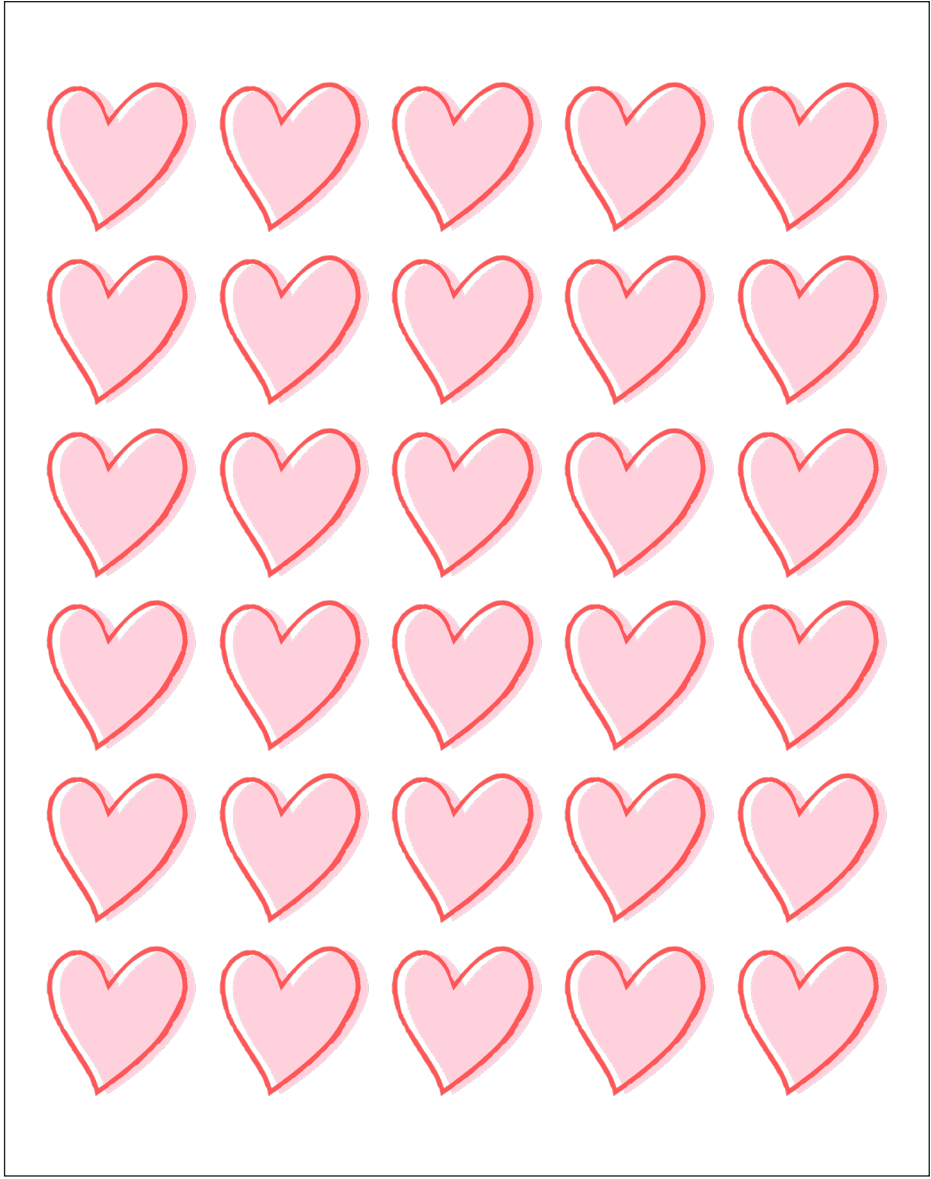


Random Acts of Kindness Heart Chart

Mark one heart each time you complete a random act of kindness

INSPIRATION FOR YOUR RANDOM ACTS OF KINDNESS:

- Make someone breakfast
- Smile at everyone you see today
- Tell someone something you admire about them
- Do something that brings you joy
- Leave a \$1 bill on a store shelf
- Send a kind text to someone for no reason
- Tell a child why you're proud of them
- Video call a family member
- Write a list of things you love about someone - then give it to them
- Surprise a friend or co-worker with a coffee or tea
- Make only positive comments on social media for a week
- Do a chore for your significant other
- Create a time capsule with special memories
- Buy groceries for someone
- Donate something to a local shelter
- Send a care package to someone
- Write a letter by hand then mail it



A grid of 30 pink hearts arranged in 6 rows and 5 columns, intended for marking completed acts of kindness. The hearts are outlined in red and have a soft pink fill. The grid is enclosed in a double-line border, with the inner line being dotted.