

Though these ideas might not perfectly engage your own unique Gifts of Service, each of them, if courageously engaged, **will** help to awaken in you what you allReady Know: namely, that you are here to Serve, that you can Serve uniquely and powerfully, and that it matters not how close you get to your “perfect path” as long as you continue to walk its general direction – by being continually, actively and selflessly Kind ...

Simplification: Go through your home and find 9 items that you have not used in the last month (and that are not broken) and take them to the nearest Goodwill store (or branch of the Salvation Army, or a local church, etc.) ...

Senseless Generosity: Go through your personal belongings and find 9 items of value, wrap them as presents, and give them away *personally* – 3 to friends, 3 to associates and 3 to strangers ...

Unconditional Forgiveness: Remember three actions of others that have most harmed you (with physical pain, intellectual confusion &/or emotional sadness). Now write each of their “perpetrators” a note, outlining your perception of their offense(s) and expressing your unconditional forgiveness to them regardless. Have the courage to deliver the notes in person ...

Honoring the dead: Take gardening tools and flowers to a local cemetery, find the least appreciated or “loneliest” grave, and spruce it up. Honor the priceless Life that grave represents by saying a prayer of gratitude before departing – gratitude for that person serving your own life by allowing you to honor theirs ...

Willingness: Exuding joy is a service in and of itself. So at least for today, choose to *willingly* do everything you do. Do so especially during those activities you feel that you “have to do”; activities that you normally might dislike but engage out of a sense of either obligation or fear. Don’t want to get out of bed? Choose to want to get up -- Don’t want to go to work? Choose to want to go -- Don’t want to meet with someone? Choose to want to do so. Simply resolve to say “YES!” to every opportunity today, regardless of whether or not it’s something your ego wants to do ...

Empowered Giving: Take a few moments and identify three of your most frequent and/or most powerful cravings. Instead of fulfilling them for your self today, attempt to give them to (or fulfill them for) someone else ...

Respecting the Earth: Pause for a moment and think about how the Earth provides for you. Without its air, you would suffocate -- Without its water, you would die of thirst -- Without its animals and plants, you would starve. Dedicate today to giving back to the Earth that so generously gives to you. Maybe you can lower your thermostat significantly. Maybe you will buy a large quantity of energy-efficient light bulbs and install them throughout your home. And regardless of the Earth-loving choices you make during the day, use only candlelight tonight before going to bed ...

Beautifying the Planet: Find either a park or a long stretch of sidewalk in your community that looks “messy.” For at least one hour today, clean it up. Be creative and have fun while doing so. Notice how much better it Feels after you’ve finished. And notice how much better **you** feel while serving selflessly ...

Cleansing Envy: Pause and note three possessions that others have that you wish you had. Choose to be Happy for their “success” by anonymously doing something kind for them today. In addition to those anonymous Good Deeds, approach each of these people personally (even if it’s merely by phone) and offer to help them in any way they might need it ...

The Invisible Footprint: Go the entire day today giving back more than you take from every person or place. Give out more food than you consume. Take away all the garbage you personally generate with you in a bag (while attempting to generate as little as possible). Do more for others than is done for you. Find creative ways to fulfill this task ...

Respecting the Earth: Take steps today to minimize your “carbon footprint.” There are many ways to do so, though today, it is enough to simply choose between riding your bike or using public transportation all day. Do some research tonight on other ways you can “de-carbonize” your Living (i.e. weatherizing your house by installing storm windows, adding insulation &/or surrounding your water heater with a heater-blanket, etc.) ...

Respecting the Earth: Fresh water is arguably our most precious resource – and the world is rapidly running out of it. Today, respect water by conserving it. Turn off the tap when brushing your teeth and washing dishes (& wash them by hand), shower no longer than 5 minutes (no baths!), and only immediately flush your bowel movements (“If it’s yellow, let it mellow, if it’s brown flush it down”) ...

Silent Being: Go sit silently with a Friend for 30 minutes. Gaze at him/her regularly and choose to See his/her True Self when you do so. If no Friend is handy, find someone on a public bench and sit next to them for that amount of time. Note that this is not a time to read or listen to music. Even if the other person is doing so, your task is simply to be Present in his or her presence. It is a powerful experience to simply BE with another human without the small talk and idle activity that normally keeps us from Appreciating a true sharing of Space ...

Respecting your Elders: Visit a local elderly care facility or retirement community and pay your respects. Ask the residents there for their Life Advice. Ask them what they think the Meaning of Life is. Ask them to tell you their Life stories. Ask them if there is anything you can do for them. Finally, as you depart, ask an attendant for the name(s) of the resident(s) who seldom get mail. Send that person(s) an anonymous card of Appreciation today ...

Cultural Immersion: Today, head into a “dangerous part of town”, perform an anonymous Good Deed, and depart ...

Respecting the Earth: Recycle everything you use today. Collect all paper, plastic, metals and glass used and take them to your local recycling center at the end of the day. Take all your biodegradable refuse, chop it up and “express-compost” it in your garden/yard ...

Art in Nature: Go to a nearby park or field or woods and simply sit for awhile (It helps if this space is one of your personal “favorites”). Notice the different facets of your environment there – the trees, the leaves, the stones, the dirt, the grass, the water, etc. Now find an area in that space that seems to “call out” for beautification. Using only the natural materials nearby, make some “Nature-Art.” there. After you are finished, make a statement of humble Thanks as you depart ... Note: You can watch the DVD “Rivers & Tides” beforehand for inspiration ...

Respecting the Downtrodden: To Respect the poor of your community, it is necessary to treat them as human beings, and not as “poor people.” Sympathy and worry only serve to

entrench the challenges faced by the “materially challenged.” Go forth today into an impoverished community and look for ways to Do Good without exuding any pity or sadness to/for them. Invite others around you to help you do so ...

The “Meaning of Life”: Take a community survey with regards to the question “What is the Meaning of Life?” Ask at least one elderly person, one child, one friend, one preacher, one relative, one homeless person, one “wealthy” stranger (anyone in a business suit &/or driving a “fancy car”), one dog and one tree. Write down their answers and share your findings with one friend, one associate and one stranger ...

Kindness to Animals: Go to a local animal shelter and be Kind to the animals next scheduled to be “terminated.” Walk them -- Pet them -- Feed them treats. Let them know that, at least for today, they are Loved ...

Caring for the Humbled: Visit a local jail and bring the inmates there inspirational reading materials. Ask if you can visit with them. If so, Do so. Ask them how they are “holding up” and intently listen to their answers. Let them know that you still See them as integral members of society regardless of what they did (or did not do) to get put into jail. If visitation is not allowed, ask the staff which of the inmates has been in the longest and/or receives the least amount of visits/mail. Send that inmate(s) a card today (include an inspirational quote and a funny cartoon) ...

Welcoming Newborns: Greet every baby you encounter today and cordially welcome it to Life. Welcome a Friend to Life as well by reminding them that today is the first day of the rest of their Life as well ...

Personal Communiqué: Write three notes/emails – one to a family member or Friend, one to an associate and one to a stranger. The content of the mails should be almost identical. Wish each recipient well and include messages of Kindness and Gratitude. Include a joke &/or a funny cartoon of some sort. When finished, print them out and “spruce them up” (with markers, colored pencils, stickers, etc.). Finally, hand-deliver them in silence -- with a smile...

Caring for the Ill: Go to a local hospital and head to the cancer ward (or other part of the facility where terminally ill patients are staying). Bring a flowering plant (avoiding flowers, that will soon wilt) and visit with the patients there. Listen to their stories, bring them cartoons and/or tell them jokes. If they ask, tell them about your own Life as well ...

Fulfilling a Last Request: Head to a local hospital's “terminal ward” offer the patients there to fulfill a “dying wish” they might have. Keep offering until you find someone who accepts your offer. Then, head out and get to it!

Remembering True Kinship: All day today (at least once per hour), greet strangers warmly. Be the first to say “Hello” to them. Be Kind whether they respond with Kindness or not. Mention what a Wonder-full day it is and then part from them with a sincere “Peace be with you” ...

Gratitude Visits: Take a few moments to list as many of the people you can remember who either inspired you, enabled your Happiness &/or supported you unconditionally in your childhood. Sometime today pay one of those people a surprise visit to relay your Gratitude in person. If a visit is impractical, call them and set up a time to do so ...

Respecting the Children: Visit a local kindergarten or pre-school (It might help to call around first to ask permission first) and bring along some games that further teamwork, sharing or cooperation &/or bring a pre-packaged healthy snack for them. If you are allowed to help the teacher by reading to the kids or playing with them, do so. If not, simply watch the children play and allow your faith in humanity to be renewed. Offer to speak with them about your Mission of Kindness and ask them for their ideas. Be sure to LISTEN to their answers ...

Polite "Impoliteness": At regular intervals (at least once per hour), stare at people who aren't looking your way. Do so for at least 2 full minutes or until they look at you. When they do look your way (and they often will), pause and smile at them gently before looking away ...

Powerful Salutations: Traditionally, the handshake symbolically showed your enemies that you had no weapon up your sleeve. Needless to say, this is not a powerful way to express either Friendship or Kindness. So, all day today, choose to greet all your friends, family members and acquaintances with a hug instead of a handshake ... If it is clear that a hug would cause undue consternation for its recipient, simply shake the other's hand with both of yours ...

Magick Mailbox: Wait until this evening and anonymously decorate a neighbor's mailbox. Attempt to make the mailbox a source of Inspiration and Wonder ...

Sacred Space: Go to a nearby plot of "wilderness" and tend a corner of it. Clean it up and/or rearrange its features to enhance its "Feel." Using only natural materials from nearby, "decorate" it as well (while leaving it looking "natural"). Finally, sit in your new Sacred Space and dedicate it to the Community as a place of Peace and Inspiration. Say an invocation of Gratitude as you depart ...

Relieving Burdens: Ask your neighbor to share 3 of the most nagging concerns about their current lives. Pick one of them and somehow ease (or even alleviate) that burden anonymously today ...

Empowering your Freedom: Take a few minutes and list 3 of your current commitments (promises you have made to others). Openly release yourself from each of them by writing "I am still Free" next to each of them. Finally, and most importantly, find a way today to *voluntarily* and *actively* fulfill each one of them ...

Enabling Others to Give: Head to an unfamiliar part of town, stop on a street corner there and ask others for directions to a destination that is within your current line-of-sight ... Thank all who help you profusely when they point it out to you ... Alternatives: Place a cup of water or some flowers on your car and drive around until someone points it/them out to you. Again, thank them profusely ...

Inspiring Laughter: Look for ways today to make others smile or laugh with your words and actions (e.g. "humorizing" your answering machine or cell phone message, telling a favorite joke to strangers, dancing in public, making silly faces, etc.) ...

Providing Shelter: Take 3 light blankets (or thick sheets) and distribute them to the first 3 homeless people you encounter today. Just as powerful, take the time to ask them how they're doing. If they are interested, ask as well for them to share their stories related to how they got "on the streets." ... Hint: Take no money with you when you do so ...

Getting Fed: Eat lunch at a local soup kitchen. Many churches have information with regards to your community's soup-kitchen schedule(s). Remember to interact with the workers there as though they are long-lost Friends. Indeed, they ARE!

Providing Sustenance: Volunteer at a local soup kitchen. Many churches have information with regards to your community's soup-kitchen schedule(s). Remember to interact with the patrons there as though they are long-lost friends. Indeed, they ARE!

Asking to Assist: Go the entire day actively looking for opportunities to help others. At least once every hour, ask someone if there is anything you can do for them ...

Sharing Wonderment: Build a "sand castle" in or near a public park. Decorate it as though it were a Gift for God. Encourage children to help you build it and then spend some time playing with them in and around it. Step back and watch them enjoying it awhile before departing ...

Renewing Faith: Pause today regularly (at least once every hour) and really **Watch** people. Remember that every person you see has dreams. Every one of them has loved and lost love. Every one of them has experienced Joy and every one of them has survived at least one crisis. And despite their apparent "faults", every one of them has done at least one amazingly Kind deed. Choose to See how Good they truly Are. Then, go forth and act accordingly today – smiling while doing so ...

"Random" Journey: Go to a local bus stop, get on the next bus that arrives and ride to "the end of the line." Get out and walk around. See what you can SEE. Find something Wonder-full that you never would have expected to see there. Finally, do one anonymous Good Deed before returning ...

Cleansing the Inner Community: Contact your friends and let them know that you're planning an impromptu "cleansing" party tonight. Everyone can bring whatever they wish as far as food and drink are concerned, **AND** everyone is to bring a sheet of paper upon which they are to write 3 of their fears, 3 of their own "transgressions" and 3 of their regrets. These will be burned at the party (reading them aloud is powerful *and* completely optional). Either build a bonfire in your backyard, go to a local park that has fire pits, or ask for suggestions as to where you could all meet to dispose of them ...

Sensing the Humorous: Go through your belongings (or go to thrift stores) and find 3 items that relate to three of your friends in a funny way. Wrap these "gag gifts" nicely (with a note of explanation if necessary), and give them away in person this evening ...

Preening Politeness: Today, replace all temptations to be polite and tactful with "radical Kindness." When you listen to another, pay attention to them. When you look at another, See them. When you speak with another, be consciously Kind to them. If you Care about someone, courageously let them know exactly how you feel (Be supportive!). If you happen to feel annoyed by another, have the courage to keep your mouth shut, as opposed to being merely polite ...

Cheering up Children: Buy lots of colorful stickers and distribute them Joy-fully them to the children you encounter today ...

Waking Up the Media: Visit 3 local newspapers &/or radio stations and ask why they don't report more "positive news." Let them know that, even though fear is currently media's best seller, many people are ready to be positively inspired by the nightly news, as opposed to being frightened by it ...

Decreasing Duality: Today, go beyond dualities in assessing all the situations you experience. Today, there are no more enemies, obstacles, ugliness, "mean people", weakness or normalcy. To do this, purpose-fully analyze situations from a foreign perspective. Take the negative judgments you have formulated about 3 other people (regardless of how "rational" or "justified" they are) and alter them to the positive. Today, be a calm champion for a new, more Wonder-full Reality ...

Feeding your Community: Buy a large portion of fresh vegetables and divide them into three portions. Then give those portions to a friend, a rarely seen neighbor, and a stranger. To make this activity more fun, include some unusual veggies in the packages. To make it more powerful, let the vegetables be organic &/or from a farmer's market. Include a note wishing all three recipients "Good Health" ... Bonus Activity: Give a similar portion to the wealthiest person you know ...

Seeing Clearly: Take some windex and a few rags and clean the windows you encounter in your life today. After you're finished, pause and really Look through them anew. Notice a few wonders you've never noticed before ...

Forgiving the "powerful": Write short notes of forgiveness to a local city prosecutor, a local judge, your local mayor, a local broker and a local evangelical preacher. Do not mention why or for what "offenses." These professions are steeped in wrong-doing (i.e. the condemnation of others is patently "wrong"). As such, everyone performing them can use lots of unconditional Kindness ... Bonus Activity: Deliver the notes in person, with a gentle smile (and even a hug, if you're feeling extra Kind – Heaven knows these folks could use one!) ...

Civil Disobedience: Today is a day of peaceful protest – a day for you to be truly patriotic. There are still quite a few practices either promoted or supported by our federal government that are patently hypocritical and/or that violate our Constitution. Rather than ignoring them, today is a day to take a stand for Justice. Either find your own issue or "adopt" one of the ideas that follow and peacefully protest for its cause today:

- a) It is patently against the law (as defined by the U.S. Supreme Court) for the IRS to tax your private income ...
- b) It is completely hypocritical for a "Christian nation" to engage in war ...
- c) The death penalty violates the 8th Amendment of the U.S. Constitution ...
- d) It is immoral to have the technology available for an immediate shift to alternative, earth-friendly sources of energy and not to do so ...

Bonus Activity: If you are feeling exceptionally bold, invite the media to participate in your efforts. If you are feeling truly patriotic, call all of your friends and invite them (as well as any strangers on the street) to join you; remembering that the protest must be peaceful to be powerful. Attempt to extend Compassion to your lawmakers who have succumbed to greed and forgotten that they are here to Serve, not have their own beliefs be served ...

Sprucing your Refuse: Buy some essential oils today (lavender &/or peppermint are good choices) and sprinkle them liberally into your garbage cans before placing them on the street to be picked up ... Bonus Activity: Pick a pail of flowers and leave it for your garbage men to find ...

Co-Creating a Forest: Gather a few friends and some gardening equipment and go to several plant nurseries; asking them for a few plant-donations for a “neighborhood beautification project.” Head out with your plants and make a section of a local park truly Wonder-full ...

Hearing Honesty: Hear “naively” today; assuming that everyone you meet ultimately has good motives (whether they actually do or not is irrelevant!) and assuming that everything you hear from them is completely True. Then, act accordingly and radically at least three times today (e.g. answer rhetorical questions sincerely, emote powerful Compassion for all melodramatic exaggerations, offer to help anyone having a “meltdown”, etc.) ...

Cherishing the Living: Three times today, head out on walks with the intention of being Kind to, and/or “saving”, any wildlife you happen to encounter (e.g. help turtles cross the road, move earthworms from the sidewalk back to the earth, refuse to kill mosquitoes, gently compliment all barking dogs for being so loyal to their human “owners”, etc.) ...

Awakening others’ Hearts: Paint or draw a big sign that says “Free Hugs.” This afternoon, stand for one hour with it in the middle of your community. It is not necessary to say anything to anyone or explain yourself – just smile &/or give out free hugs ...

Kindness to the Overlooked: Leave a surprise (e.g. a dish of cookies, a nice pen, a music CD, etc.) to be found by your mailman. Include a personalized note of Thanks ...

Cleansing your Speech: Pause a few minutes to think of the most common “curse words” you have employed in your life. If you don’t curse at all, think of some of the one’s you hear most often around you. Pick a few of them and come up with an unusual, “clean” alternative for each of them (e.g. “God Bless it!” in place of “God damn it!”, “Sustenance!” in place of “Shit!”, etc.). Be creative and be sure that your alternatives are positive as well as inspirational (humorous is good too). At least once per hour today, use one of your Wonder-full replacements; doing so loudly and with vigor ...

Deep Laughter: Today, choose to laugh and let laughter be your “reaction of Choice.” Find the “funny” in the everyday. At least once per hour, choose to laugh out loud ...

Letting Laughter Loose: Take a book of jokes or a compilation-book of your favorite comic strip (e.g. “Calvin & Hobbes”, “Bloom County”, etc.) and read it on a public bench. “Get lost” in your reading to the point where you regularly laugh out loud. Laugh deep and long and often; allowing others around you to be reminded of Joy ...

Re-Building Community: Re-introduce yourself to 3 neighbors today. Bring along some homemade baked goods or other house-warming-type gifts. As a goal, try to find out one thing about them that you didn’t know before. As you depart, make sure they know that you are there for them if they ever need you ...

The Flower Gremlin: Gather bundles of wildflowers today (or buy some cheap ones). This evening, after it gets dark, place them all around your neighborhood – on doorsteps, on windowsills, in newspapers, on car windshields, etc. Remember to place one in plain sight on your own property as well. Then, anonymously enJOY the neighborhood’s reactions thereto ...

The Gift of Zen: Go for a walk and look for 5+ special stones (They needn’t be large at all, though mossy ones that look like mountains are the best). Then, buy or acquire one big bag

of sand (the whiter the better). Finally, this evening, in a “special corner” of one of your neighbors’ yards or in a local park, anonymously make a small Japanese Rock Garden. Rake it completely smooth when you are finished and leave it to be found and enJoyed ...

Serving Sister Cities: Travel to a nearby town to which you’ve never been before. Ask a few locals there about the greatest difficulty facing their community. Anonymously do something about it for them before departing ...

Caring for the Home-Free: Offer to buy a homeless person lunch today. Continue to offer until someone accepts ... Bonus Activity: Buy lunch for yourself as well and eat together with them ...

The Gift of Sincere Smiles: Make today a day full of smiles. Smile when meeting others, when making eye-contact with strangers, when answering the phone, when talking with associates, and even when you’re just “standing around.” The average child laughs and/or smiles over 400 times every day. Attempt to match this number today ...

Making Contact: Learn one clean joke that you find rather humorous. Write it down on a piece of paper. Go forth and ride elevators for 30 minutes at a time (at least three different times in three different elevators). Tell your joke to the folks “counting floors” therein ...

Gifts of Inspiration: Buy several dozen multi-colored balloons and blow them up. Then, take a sharpie and write inspirational words on them (e.g. “Love”, “Joy”, “Wonder”, “Happiness”, “Peace”, etc.). Feel free to decorate them as well (glue and glitter work great). Finally, give them away to strangers on the street; encouraging each of them to pass their balloon on to another ...

Neither borrowing nor lending: Ask to borrow a friend’s car and drive it immediately to a car wash. Get it thoroughly cleaned, fill it with gas, and return it (without using it for any personal errands). If you don’t have the money for the car wash &/or don’t want to drive, ask to borrow the car while your friend/neighbor is away and clean it thoroughly in their driveway ...

Serving “Humble Pie”: Pause for a few moments to list all of your life’s major “accomplishments.” Take this list with you today and, at least once each hour, pause to reflect on all the people and all the forces *other than yourself* that enabled those “successes” to come to fruition; jotting them down next to each “accomplishment” on that list. Finally, make it a point to write, call, visit or email these individuals and thank them for enabling you to succeed in Life ...

Seeing Humanity’s Goodness: Go about your day looking for the omni-present ways that people help each other and/or are Kind to each other. At least once per hour, point out your observations to another person(s) so that they too can witness the Kindness all around them ...

“Golden Core Vision”: Today, choose to See others for the selflessly caring beings they truly ARE today, as opposed to the self-centered people they might be “acting out.” At least three times during the day, choose to engage this “Golden Core Vision” by doing something Kind for someone who is acting less than Kind; giving to them purely and without regards for what they might “need” or want ...

Meeting True Need: Make 3 low-cost “lunch bags” (containing a sandwich, a granola bar, some yogurt, a piece of fruit, a bottle of water and an uplifting cartoon &/or quote) and then distribute them to the first 3 homeless people you meet. These days, homeless folks are gathering

at almost every freeway entrance and exit ramp, and these bags are perfect to give out from your car. Remember to do so with a smile and a “Peace be with you” ...

Re-Discovering what’s Important: Leave work at least two hours early today for “an important personal matter.” Upon departing, spend the first of those hours (or half of the work-time missed if you have the courage to leave at lunchtime) alone in a park, museum or church – someplace where peace and reflection come easy to you. Afterwards, spend the rest of your “bonus time” anonymously caring for a friend or family member in some way ...

Buying for Two: All day today, whenever you purchase anything (be it lunch or a newspaper or a cup of coffee) buy an second one and give the “extra” to a stranger ...

Talking the Talk: Today is a day for “enlightened” conversation. To do so, replace all your meaningless statements with meaning-full ones. Instead of the typical (and these days meaningless) “How’re you doing?”, ask people something intriguing instead – something that provokes a little introspection (e.g. “Have you done anything new today?”, “Are you on your Way?”, “Have you found Peace?”, etc.). Or if someone appears distraught, instead of the relatively meaningless “Are you OK?”, offer up something different (e.g. “May I assist You somehow?”, “Is there anything I can do for You?”, “What’s challenging You?”, etc.). These unusual queries are powerful gifts; stimulating the person asked to ponder their Lives; to re-enter the present moment and re-assess their lives from a more positive perspective ...

The Divine Doorman: Spend the day opening doors for others ...

Kindness to the Unkind: Go out today and buy or make the nicest gift you can afford. Now think of the one person who is causing you the most pain (or who is annoying you the most, or who simply dislikes you the most) and write out a note saying that the item is to be returned to him/her. Attach the note to the gift and leave it somewhere to be found ...

Living “Under the Radar”: At least three times today, practice stealth by doing something outrageously nice without anyone else seeing or hearing you do it ...

Edible Art: Procure several different varieties of fresh fruit and a jar of honey. Then, take a sharp knife and head to a public park or square. Using the fruit as “building blocks” and the honey as “glue”, make a sculpture of sorts. When you’re done, write a note underneath it (maybe with the honey) that says “Dear Mother Nature, Bon Appetit!” before leaving it for others to enjoy (and ultimately, for the birds and rats and insects to eat) ...

Quenching Road-Rage: Make a large jug of lemonade, put it in a cooler with a bag of ice and some cups, and head out at rush hour this morning (or this afternoon) to give others some cool refreshment during traffic jams ...

Easing Olfactory Dis-ease: Obtain lots of incense sticks (preferably a scent that you personally find to be pleasant) and take it to your nearest garbage dump, recycling center &/or waste management plant. Light them and place them all around that site(s). If one of these three locations isn’t feasibly available, take your incense and “spread it around town” in or near public dumpsters and/or garbage cans ...

Fast Service: Go to a local fast-food restaurant (one that serves relatively healthy food, or at least advertises that it does so), head through the drive-thru, order the least expensive item

on the menu (you don't have to eat it if it's not healthy or to your liking), and then pay for it and the entire order of the car behind you ...

Crossing to the Other Side: Make a Gift Basket today, being both creative and Caring. Include some note related to unconditional Kindness. Then take that basket and give it to the pastor of a "rival Faith." If you're an atheist, take it to a Baptist reverend. If you're Jewish, take it to an evangelical Christian preacher. If you're Christian, take it to a Buddhist monk or a Jewish rabbi. If you're a Hindu, take it to a Muslim leader (and vice versa). Hang out with whomever you drop the basket off with and engage them in conversation; remembering to be unconditionally kind and humble and remaining with them until you've found at least one major commonality between your faith and theirs ...

Positive Gossip: Ask friends and co-workers to share with you the last time they did something nice for another place or person. Take your favorite story and spread it around as "positive gossip" all day ("Guess what I heard!"). Thereafter, contact the person who inspired the story you used and let them know that their deed has inspired others as well ...

The Gift of Wisdom: Take a copy of your favorite book to work/school today. Throughout the day, write uplifting comments in the margins of that book; using a quote book to help you if necessary. At the end of the day, take it and donate it to your local library (or, better still, give it away to a stranger) ...

Bowing Low: Spend the day bowing to everyone you meet – both upon greeting them and when you take your leave. By doing so, you are reminding yourself to Honor others as brothers and sisters. We all have pains and joys. We have all done amazingly wonderful deeds and we have all either perpetrated evil or enabled evil to be perpetrated. Remember this commonality in your interactions today. Bow deeply to others and mean it sincerely ...

Renewing Faith in Humanity: Go to a pre-school or an elementary school (any grade 3rd or lower) and ask to volunteer for (or at least sit in on) a class. Ask the children questions about what is important to them and listen to their answers. Ask the teacher to be able to share stories with them about your own acts of courageous Kindness.

Appreciating Sustenance: Eat no food all day today, from waking this morning to going to sleep at night (Hint: drink lots of tea and water!). During the day, donate the quantitative equivalent of all the food you would have eaten to a local food bank ... Bonus Activity: While fasting, buy breakfast, lunch and dinner for three different homeless people ...

Allaying Stress: Go to a local airport, train station or bus station and offer to help stressed travelers carry their bags. Do so until three different people accept your offer ...

Patience while Parking: Wander around town today until you find and feed 6 expired or expiring parking meters ...

Loving our "enemies": Every "enemy" we have ever had in our lives and every "criminal" we have ever judged has a secret history of pain and struggle that – if we were aware of it – would make us blush over the inappropriateness of our condemnation. Goodness doesn't condone evil, yet it does extend Compassion to its mistakes. With this in mind, list 3 people who "hate"&/or annoy you. Choose to do an anonymous kind deed for each of them today ...

Effectuating Divine Justice: A powerful way to Serve is to make injustice visible to those who are perpetrating it. And the only way to *effectively* do so is to forgive those perpetrators publicly during the moments that they are doing so. With this in mind, look for acts that are unjust and/or unkind today. As soon as you see one, choose to courageously and openly forgive its “perpetrator” by being openly and sincerely kind to them ...

Wondered Watching: Every hour today, pause and look to the heavens; gazing intently upon the wonders of the sky for three minutes. Watch the wind and clouds during the day and watch the moon move across the sky at night. Each time while doing so, point out a particular wonder you “re-Discover” to at least one friend, associate or stranger ...

Courageous Appreciation: Go to a public performance and be the first person (and perhaps the only person) to give it a standing ovation. If a public performance isn’t handy, go to the movies, sit up front and do the same. If the movies aren’t handy, go outside, look for something amazing in nature, and then give Life itself a standing ovation ...

Peace-full Pastor: Be a “pastor” for a day by going about and actively Blessing all that you see – both those things that obviously need Blessing (e.g. stress, fear, pain, anger, sadness, etc.) and those things that do not (e.g. Beauty, Wonder, Love, etc.) ...

Feeding the Non-Needy: Make a simple yet tasty lunch, package it up beautifully, and give it to a “well-dressed” stranger. Include a small gift with it -- and a note encouraging them to aninymously “pay it forward” ...

Spreading Good Fortune: Get three rolls of coins and creatively leave “good luck pennies” all around your community ...

Re-tanking on the Essence of Life: Every hour today, pause whatever you’re doing to slowly drink a glass of water (Drink only water today). Sometime during the day, give three associates glasses of water as well. Buy a few bottles of water and give them to strangers on the street as well ...

Noticing the Beauty-full: Our minds have been so filled with preconceptions and standards related to “beauty” and “attractiveness” that we have forgotten the **fact** that *everyone* is objectively filled with Beauty in his or her own way(s). Actively remember this Truth today by choosing to See every person encountered as Beauty-full. Linger with each of them until something wondrous is found, not only about their person (relatively easy), but also about their appearance (a bit more difficult in our “GQ” & “Cosmopolitan” fixated society). At least once per hour, mention these positives to those so Seen ...

Cleaning up Carts: Roam around your community until you find a parking lot strewn with shopping carts. Take some time and “clean them up.” Afterwards, wait around for a few shoppers to come out and offer to return their carts for them ...

Respecting Society: One doesn’t have to look very far to see that Respect is a dying art in our society. Gratitude is being replaced by feelings of entitlement and the honoring of our elders is being replaced by “setting them aside” in nursing homes. With that in mind, show Respect today – to an elderly, to a parent, to a friend, to a teacher, to a friend, to an associate, **and** to stranger. How you Do so is up to you (e.g. ask their advice, ask for their opinion, ask for their life-story, offer to help them, relay your Gratitude for their Presence in your Life, etc.) ...

Constant Compliment: All day today, pause every hour to give a sincere compliment to an associate or a stranger. This evening, do the same for your family members and friends ...

Clear Communication: Focus on speaking slowly and clearly today. Every hour, pause at least once to consciously slow down your speech. Choose as well to speak concisely and/or creatively. Remember to make eye-contact intensely with your listeners when you are speaking, and with all speakers when you are listening. Most importantly, re-member to be Kind!

Knowing Wonder: Go to a local library or go online to find a short poem that is both generally inspirational and that personally inspires you. Write it down and take it with you today; reciting it to at least three different strangers during the day (an occupied elevator is a great auditorium for such readings!) ...

“De-stranging” Strangers: During the day today, invite a “mere associate” and a friend of his/hers out to lunch or dinner. Do so until someone accepts your offer ...

Cleansing Conflict: Take a moment to remember the last argument you had. Today, contact the “opponent” of that altercation. Even if you aren’t able to sincerely admit “fault”, apologize for your role in escalating that prior conflict. Thereafter, do something anonymously kind for that person ...

Cleansing Community: Gather enough materials to enable several people to wash cars. Next, create a few big signs that read “free car wash.” Then “set up shop” on a nearby street corner and offer car washes for a few hours; engaging car owners in conversation and letting them help you wash their cars if they wish ...

Caring for Children: Contact various children’s hospitals or clinics to find out whe they have visiting hours. Gather some flowers, toys, games &/or books to take with you and then visit one of them -- leaving the flowers at the reception desk, distributing the toys to the children most “in need” (ask a nurse for help), and then asking permission to play with the children and/or read them a few books ...

The Flower Gremlin II: Buy or pick 24 flowers and leave them (maybe with an anonymous note of Kindness) on 24 different car windshields ...

Soothing the Dreariness: Man-made society, for all its “efficiency” and “productivity”, has generally lost its ability to lend us focal points that are wondrous. In short, the bigger the city, the grungier it gets. With this in mind, buy several soothing posters (or use your own – with nature photos/portraits being “best”) and take them to various parts of town; hanging them anonymously in all the dreariest corners you can find (subway stations and bus stops are great for this one!) ...

Freeing from Fees: Head to your local library today and ask to anonymously pay a few of their patrons’ outstanding late-fees and/or other fines ...

Wonder-Weeding: Take along some gardening equipment with you today and this afternoon, on the way home from work/school, look for a yard that needs tending. Stop for 15 minutes or so and do so anonymously. Then, later this evening, wait until its dark out and secretly tend a neighbor’s garden as well ... Bonus Activity: Mow a neighbor’s lawn when they are out of town ...

Wonder-Graffiti: Go through a quote book and find a favorite inspirational &/or uplifting quote; writing it down on a piece of paper and taking it with you. Obtain a box of colored chalk and walk through your community writing it on public surfaces (e.g. sidewalks, buildings, elevators, etc.). Do this at 3 locations where you've never been before, 3 locations where you last remember feeling annoyed, and 3 locations that you regularly frequent ...

Atypical Toiletries: Go to a local drugstore and shop for some atypical, "luxury" personal care products (e.g. fingernail kits, nail polish, high quality body lotion, good shampoo and conditioner, foot care products, etc.). Be creative in your purchasing, and then take half of them to a local homeless shelter and the other half to a local retirement home ...

Goodwill Potatoes: Buy a big bag of potatoes, some sour cream, some butter and some chives. Then, bake the potatoes, pack them into your car/van and take them downtown to distribute them to the hungry, the homeless and/or strangers ...

Reminding others of Giving: Jot down the names and business addresses of the three wealthiest people in your immediate community. This afternoon, make a modest donation *in all their names* (include their addresses as well) to the charity of your choosing ...

Victorious Vending: Go to three local vending machines (preferably ones that have healthy snacks &/or juice/water). Insert \$5 into each of them and tape an anonymous note of Kindness over their money slots ...

Thanking the un-Thanked: Take time today to express your Gratitude to all the service workers in your Life (e.g. teachers, janitors, garbage men, mailmen, gas station attendants, librarians, firemen, policemen, ER doctors & nurses, etc.). Do so with either small gifts and/or verbally ...

Extending your Family: Dial 5 "random" numbers in the phone book and simply wish anyone who answers a nice day (answering machines count, as long as the messages you leave are sincere and heartfelt). Repeat this with 5 more numbers at mid-day and 5 more this evening. If anyone asks, have the Courage to tell them your name (It's not illegal to be nice!) and tell them what you are doing as well ...

Giving others "victory": Take a checkerboard downtown and challenge people to a quick game. Lose on purpose without letting your opponents know that you are doing so. If you have no checkerboard, you can do the same thing with tic-tac-toe on a sheet of paper. Most importantly, be Happy for them when they win. Remember while doing so that you are not so much giving others the opportunity to "win", as you are showing them a greater Gift – the deeper Awareness that their victory is yours as well. Repeat this activity for 3 different people in 3 different locations ...

Cleansing Community: Buy a bundle of white sage (easily found at most health food stores), take it to a vacant lot, derelict building and/or dreary part of your city, and light it; walking around slowly and purpose-fully for an hour (or until the sage is burned up) ...

Providing Shelter: Take an umbrella to a local shopping center at midday today and offer to escort people to their cars. If it's raining or gloomy outside, perfect. And even if it's sunny out, shade on a hot day will feel just as good ...

Cleaning for Strangers: Gather all you need to wash a car or clean a yard. Set out into an unfamiliar neighborhood and offer to wash cars or clean yards house-to-house until someone accepts. Do so, thank them for the opportunity to be of Service, and then leave ...

Honoring your Elders: Head to a local nursing home and offer to ‘pamper’ the patrons there. Read poetry to them, paint their nails, sing with them, write letters for them and/or simply listen to their stories ...

Distributing Inspiration: Make 9 hand-written copies of an inspirational quote. Spruce them up by coloring them, adding designs, etc. Then, during the day today, distribute the 9 quotes to 3 Friends, 3 associates and 3 strangers; encouraging them all to pass along their own Wonder-quotes to others as well ...

Local Pilgrimage: Get out a map (or look on the internet) and find the “holiest” spot in your town (you are allowed to be completely arbitrary in your choosing). This afternoon, pilgrimage (on foot, alone, and without using any money) to that location (Note that it should be a walking distance that is challenging for you). Once you arrive, pause and give thanks for your safe arrival, leave a Gift of some sort and return home (by any means you wish). Keep this experience “between you and God” (i.e. tell no one else where you went, how you got there, or the revelations you will inevitably receive along the way) ...

The Cleaning Spirit: Take a squeegee and a pail of soap & water to a local parking lot and anonymously clean others’ car windows for one hour while they shop ...

Caring for the Weary: Make one large sign that reads “Free Foot Cleansing.” Then, take some high-quality soap, some high-quality massage oil and a plastic tub to somewhere public (near some water). Sit down there and offer passersby free foot cleansings. Even though it might take some time, do so until you’ve served at least three people (If the whole “feet thing” is too much for you, offer to wash and massage others’ hands instead) ...

Gratitude Rocks: Gather a small bag of rocks -- any rocks will do, and yet the more unusual they appear, the better. Bring them inside, choose 18 of the “prettiest” ones, and wash them thoroughly (Bonus Activity: rub them thereafter with a pleasant smelling essential oil – e.g. lavender, orange, sandalwood, etc.). Then, make a small sign that reads “Free Gratitude Stones.” During the day, distribute 3 of them to friends and another 3 to associates at work/school. Later, take the remaining 12 stones and your sign and sit silently next to them on a street corner until all 12 have been given away. If asked, inform people that the stones are to be carried in their pockets, and that every time they happen to touch their stone, they are to remember something for which they are Thankful – and act accordingly ...

Giving Away Convenience: Rather than looking for the closest parking spot (or the “best seat” in the theater, etc.), choose instead to park &/or sit in the “worst spot” all day today. Simply pause before sitting down (or getting in line or parking your car), note the spot that your ego would normally want, and purposefully leave that place for someone else ...

Finding “long-lost” Family: Engage 3 different “home-free” people in conversation today for at least 10 minutes. Listen more than you speak. Be unconditionally supportive and completely non-judgmental (offer them no advice!) ... Bonus Activity: Sometime during these conversations, candidly inform your new Friends about either a problem you are having or a challenge you are encountering in your Life. Ask them for their advice on the matter and listen to what they have to share before thanking them profusely and sincerely as you depart ...

Solace for the Stressed: Go to a local Emergency Room and thank the workers there for their service to your community. Take a flowering plant for their waiting room and some small gifts with you when you go (remembering to take enough for several shifts of workers). Bring interesting reading material to leave for people in the waiting room as well ...

Renewing & Re-Awakening Friendship: Call one estranged or rarely contacted friend, one estranged or rarely contacted family member, and one associate today just to say “Hello” and ask how they are doing. Before hanging up, remember to thank them simply for being a part of your life ...

Pseudo-Sentient Sustenance: Carry a medium sized plastic cup around today. Regularly fill it with water and “feed” the plants and trees you encounter ... Note that studies are showing that plants are much more Aware than once thought. With this in mind, be Kind to them while watering them ...

Encouraging re-Birth: Call an AIDS shelter &/or a shelter for abused women and ask to be given the birth-dates and first names of patrons there. Go out today and buy three Gifts for the next three birthdays on that list(s). Later this evening, drop them off “ahead of time”, including a card mentioning your unconditional encouragement ...

Recognizing Rescuers: Go to a local fire station today and thank your local firemen for the service they give your community. Take some gifts with you when you go (make some of them non-perishable and take enough for several shifts of firemen/women) ...

Carrying the Load: Go to a local shopping mall &/or supermarket and offer to carry others’ bags for them. Focus on the elderly and/or the “stressed-out.” Offer until three people accept, while gently refusing any offers they might make to pay you for your assistance ...

Criminal Kindness: Go to a local police station and copy down a name from one of their “most wanted” lists. Obtain a flowering plant, insert a card of humble appreciation and sign that “criminal's” name to it. Leave it quietly in the station and depart ...

Sustaining local Life: Obtain some bird-seed and some non-salted nuts and feed the birds and the squirrels in a local park ...

Dreams coming True: Take a few minutes and visualize your “Vocation” (the one selfless job you would engage in full-time if you were “wealthy enough”, if you “had enough time”, &/or if it “were possible” for you to do so). Take notes while you visualize it; being as specific and detailed as possible. Then go forth and take at least one small step towards realizing that Mission. It doesn’t matter if that step is “insignificant” or “unsuccessful” or “unproductive” - - Take it anyway. Repeat your efforts two more times today (either by repeating the same step or taking two different ones).

Easing Grief: Read the obituary section of your local paper and send your sincere condolences to 5 mourning families. Let them know that you intend to Honor the passing of their loved one by living your Life today to the fullest ...

The Gift of Choice: Offer to take a homeless person grocery shopping today. Keep offering until someone accepts. Tell them their “spending limit” and then walk with them (Remembering to push the cart for them!) while they remember the Blessing of being able to

actually choose what they'll eat this morning/afternoon. Add anything else to the cart that you think might be useful (hint: an essential oil of their choice is an invaluable gift!) ... Bonus Activity: If you have the means (and many of you do), offer to pay for a motel room for them for one night ...

Loving Literature: Buy 3 award-winning children's books suitable for 6-10 year olds (e.g. Dr. Seuss' The Lorax, Muth's The Three Questions, Baese's The Watering Hole, etc.). Take them to a local elementary school and ask a 2nd or a 3rd grade teacher which of their students is "the best" and which causes them the most problems in class. Give one of the books to these two children and encourage each of them to pass their book along to one of their friends when they are finished reading it. Give the third book to the class in general and offer to read it for them before departing ...

Public Party: Obtain some balloons, streamers and/or party favors and use them to decorate an unconventional public area (e.g. a public square, a foyer in a local business center, a meeting room at work that is not in your department, a subway car, a bus, etc.). Encourage others to help with the preparations for the "surprise party." Be sure to include inspirational quotes and messages of Kindness in your decorations. Then, officially start the party (celebrate whatever you want & invite others to add their ideas to the "fest-focus" as well), revel for a short time, wish everyone well, and then leave ...

Intimacy for Elderlies: Go to a senior center and offer to volunteer there for an hour or two -- Give out "free hugs", play games with them, offer to shop for them, do their paperwork, landscape their garden, etc. Remember to pause frequently to give them the most valuable Gift: asking for their advice or opinion – and then Listening to it!

Stretching the Day: Go to work one hour early today and work for free without "clocking in." Don't tell anyone what you've done and go home normally. Later this evening, spend one extra hour with a friend or family member "for no reason." Finally, go for a one hour "wonder-walk" tonight, intending to notice as many "new sights" in your neighborhood as possible in that hour. Commence your walk at the time you normally get into bed ...

Freeing your Mind: Take some time to clean out your personal library (attempt to part with every other book). Call your friends and encourage them to do the same. Collect all these books and distribute them this afternoon to homeless shelters, schools and/or retirement homes. Be creative (and anonymous) in your distributing ...

Service on the Move: Drive around today and be Kind to others without ever leaving your car -- Stop frequently to let pedestrians cross in front of you, find four-way stop signs and encourage others to cross the intersection before you, troll for a good parking spot and pause to let another person have it, &/or smile and wave gently at "stressed out" drivers. If you don't own a car, you can do pretty much the same thing on foot ...

Easing Burdens: During the day today, obtain a flowering plant and a few inspirational, uplifting books or periodicals (and anything else you might think of that would encourage others to relax &/or smile). Head this evening to a post office or other government building and leave them in a foyer (or any waiting room) there ...

Secret Sprucing: This evening, find a neighbor's yard that needs raking and anonymously clean it up (or if there's snow on the ground, shovel it). Leave some of the leaves (or snow) in a

pile that is readily accessible. Before leaving, get a running start and jump into the pile ... Bonus Activity: Leave a note encouraging your neighbor to jump into the pile as well ...

Tomes for Toddlers: Go to a bookstore and find three children's books that you find to be inspirational. Buy them, read them and give them to the next three children you encounter that day ...

Sustaining Strangers: During the day today, develop a Gift Basket for a needy family. Be as creative as possible and fill it with as many Gifts as you can afford; being sure to include some of your own favorite foodstuffs, as well as a note of encouragement. Later, take the basket to a poor neighborhood and ask the locals there for information about a family in particular need (churches are good places to ask). Drop the basket off on that family's doorstep and leave ...

The Gardening Gremlin: Take a few moments and subtly inspect the yard of a neighbor with whom you have either rare or estranged contact. Sometime today, obtain some perennial flowers that seem to match the landscaping of that neighbor's house. Wait until it gets dark and secretly plant them in his/her garden ...

Repairing Communal Damage: Anonymously leave flowers and a gift on the desk of your least-liked co-worker or classmate ...

Relaying Warmth: Go to Goodwill and other thrift stores today and buy as many shirts, coats and sleeping bags as you can afford (even if it's only one of each). Take them to the nearest homeless shelter and drop them off ...

Humble Caring: During the day today, clean three public toilets in three different public restrooms. After each cleaning, find a local janitor (**not** necessarily the one responsible for cleaning the toilet you happened to clean) and express your thanks and admiration for his/her efforts ...

Heavenly Hounds: Wash your dog today. Take your time with it – as a Gift of Love instead of as a “chore.” Use high-quality shampoo and conditioner (after asking your local animal shelter for a list of dog-safe products). Then, give your dog a big hug when you're finished ... If you don't own a dog (or even if you do), ask to wash a neighbor's. And if no neighbor is willing, go to an animal shelter and offer to wash a few of their “residents” ...

Feeding your “Extended Family”: Clean out your cupboards of non-recently-used and non-perishable food items. Call your friends and neighbors, let them know what you're doing, and encourage them to do the same. Collect all the food and drive it this afternoon to a local food bank ... Bonus Activity: Ask the food bank personnel which items are most often “in demand.” Head out and buy/obtain a few of these items for them as well ...

Crafting Art with Children: Creating Beauty together is one of the foundations of a vibrant Community. With this in mind, dedicate today to creating something wondrous with others. One of the easiest and most powerful ways to Do this is with children ... So, gather, collect, buy or borrow as many different arts & crafts supplies as you can. Then after work/school, head to a homeless shelter, an orphanage &/or a children's hospital and co-create some Wonder with the children there ...

Spreading the Light: Make luminaries (with or without the members of your neighborhood). It's as easy as putting two cups of sand into a paper bag, turning down the top

edge of the bag (so they will not so easily catch on fire) and then setting a candle inside them. Then, simply line your street with them (while telling your neighbors what they are) and let the neighborhood children light them at sundown ...

Thanking your Mentors: Take a few minutes and remember at least 9 positive influences from your childhood (e.g. parents, teachers, mentors, friends, counselors, coaches, etc.). Find the contact information for as many of them as you can. Later today, contact them with a phone call and/or notes of Thanks. If you can't find them, Thank them via prayer ...

Money as a Messenger: Obtain *at least* 8 \$1 dollar bills, write an uplifting message on each of them in brightly colored ink. Decorate the bill as lavishly as you wish. Give 2 of them to friends, 2 of them associates, 2 of them to strangers and leave 2 of them to be found ...

Cleaning up Community: Empty three different public trashcans today (after picking up the litter around them, of course). Once they are empty, sprinkle some essential oil into them to beautify their odor as well. Thereafter, find a local garbage man/woman and express your thanks and admiration for his/her efforts to keep your Community clean ...

Re-Awakening Humor: Go through your journals, newspapers, periodicals and books until you find a "favorite" cartoon &/or joke (making sure that it is a Respect-full and uplifting one!). During the day today, make 9 copies of it. Later, distribute them to three friends, three associates and three strangers; encouraging them all to both enJoy it and to then pass it on ...

Loving the Lonely: Find someone in your neighborhood who has no immediate family nearby and invite them to lunch or dinner ...

Chauffering Kindness: Find someone in your immediate neighborhood who cannot/does not drive and offer to give them a ride somewhere ...

Caring for our Youth: Contact a local juvenile detention center and ask them their current donation needs (foodstuffs, sporting equipment, games, cards, etc.). Procure what you can and drop it off. Be sure to include some uplifting books and notes of encouragement for the "residents" as well. Leave your email address &/or phone number as a contact reference with the staff there in case any kids needs anyone "on the outside" to talk to ...

Peace to Parents: Write letters of thanks to both your Mother and Father for your Life and mail them today. If one or both of your parents has already "passed on", visit their gravesite(s), spruce them up and leave the letter(s) there as you depart. Remember to say "Thank You" to them out loud (regardless of how you might feel about how they parented you) ...

True Tithing II: Take a few moments and calculate the monetary worth of half of your yesterday's salary and take this amount of money with you today; giving half of it to the first homeless person you meet who doesn't ask for any money and the other half to the first homeless person thereafter who does ask. Remember to be Kind when doing so, and also to ask if there is anything tangible they could use in addition to the money ...

Courtesy to your Life's Drivers: Make or obtain three small Gifts; including personal notes of Appreciation with each one of them. Then, later in the day, take a ride on three different busses; saying "Hello" to each bus driver as you get on and thanking each one sincerely for the ride when departing. Give each of them one of the Gifts (without a word) as you step from the bus ...

Cleaning Community: Carry several small plastic bags with you today; dedicating the entire day to picking up all the trash and litter you walk past ...

Compassion for the "Rich": Take a few minutes and list 3 local people you consider to be "wealthy", 3 associates you consider to be "truly beautiful" and 3 people in your community you consider to be "powerful." Now, instead of envying them, choose to exhibit Compassion for the difficulties that money, beauty and power always bring. With this in mind, go forth today and do something anonymously Kind for one of those "wealthies", one of those "beautifuls" and one of those "powerfuls" ...

Caring for the Care-less: Buy a bag of groceries (the more "elite" the foodstuffs, the better) and give it to the first homeless person you encounter. Be sure to wish them well and let them know that you Appreciate them ...

Tipping BIG: Buy a small, inexpensive meal at a coffee shop this morning and leave a tip that exceeds the total amount of the bill. Thank the waiter/waitress as you are leaving. Do this regardless of the quality of the actual service. Repeat this activity two more times today at two other locations ... Bonus Activity: Instead of tipping or tithing monetarily, replace the monies you would normally leave with a small but valuably useful Gift ...

Loaning Life: Donate blood today (or volunteer at the Red Cross or a local hospital for a day) ... Bonus Activity: Become an organ donor ...

Radical Forgiveness: Take a few minutes and list the debts you are owed, the insults you have received and/or the transgressions with which you have been inflicted. Choose three of them "at random" from that list and Forgive those people completely. Then call or otherwise contact those "perpetrators" to inform them of the same ...

Peace Police: Spend half your day today drawing and decorating three "Kindness Citations", three "Good Driving Tickets" and three "Joy-Bringer Badges." Spend the rest of the day handing them out to those you witness who qualify ...