

HOLIDAYGOODHUMANBINGO

Complete a row of squares (vertical, horizontal, or diagonal)
or go crazy and fill up the entire sheet!

WEEK 1: Mindful Kindness

Take deep breaths while driving & try to be patient	Call someone you haven't talked to in a while	Let someone in front of you in line	Buy a \$10 grocery store gift card to give to a homeless person	Leave some encouragement cards in public places
Talk to the person who seems uncomfortable in a social setting	Start a convo with cashier/waitress genuinely asking about their day	Look up from your phone & engage	Help promote a friend's business or cause	End your phone call while in line at the cash
Compliment a stranger	Offer to return cart for someone at the store	Smile  at strangers	Leave a bigger tip at your next meal	Pick up litter you see around you
Buy a coffee for a stranger in line behind you	Share a feel-good video on your social media	Take your earphones off when shopping	Offer to help a stranger in need	Volunteer somewhere you feel called to volunteer
Say "please" and "thank you" always	Leave a positive review of a product, business or service.	Hold the door open for a stranger	Give up your seat on a crowded bus to someone who needs it	Let someone in front of you while driving

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