

HOLIDAYGOODHUMANBINGO

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

WEEK 3: Empathy & Compassion

| | | | | |
|--|--|--|--|--|
| Leave some encouragement cards in public places | Look up from your phone & engage | Put yourself in someone else's shoes for a moment | Take the time to learn something new about a coworker | Let someone in front of you while driving or in line |
| Offer to help a stranger in need | Start a convo with cashier/waitress genuinely asking about their day | Remember that everyone is dealing with something | Volunteer at a local soup kitchen or charity | Have a judgement-free day |
| Smile & look into the eyes of a homeless person | Offer to return cart for someone at the store | Smile  at strangers | End your phone call while in line at the cash | Avoid leaving negative comments online |
| Buy a coffee for a stranger in line behind you | Research a hot button topic to learn a different view | Take your earphones off when shopping | Ask a senior about their past | Tell someone they did a great job |
| Give up your seat on a crowded bus to someone who needs it | Say "please" and "thank you" always | Hold the door open for a stranger | Take the time to learn about a culture other than your own | Compliment a stranger |

thegoodhumanexperiment.com

[#goodhumanexperiment](https://twitter.com/goodhumanexperiment)



Do Good Stuff ♥ Get Happier ♥ Change the World.