

GOODHUMANBINGO

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

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

#goodhumanexperiment



Do Good Stuff ♥ Get Happier ♥ Change the World.