



## TASK LIST

For the next 30 days, choose from this list (or come up with your own) to do a good deed everyday. You can pick as many as you like or do the same one over and over again for 30 days!

Some of these may seem obvious to you but sometimes we get so caught up in our day to day that we don't even bother with common courtesy. This list is meant to help us do small, kind tasks everyday to interact with more intention.

- ☐ SHARE A FEEL GOOD VIDEO OR STORY ON YOUR SOCIAL MEDIA
- ☐ SEND A WRITTEN LETTER OR POSTCARD TO A LONG LOST FRIEND OR 2 (USE THE PRINTABLE POSTCARDS IN YOUR GHE KIT TO MAKE IT EASIER)
- ☐ SMILE AT A STRANGER, SAY HELLO IF YOU DARE
- ☐ LEAVE A POSITIVE REVIEW FOR A PRODUCT, BUSINESS OR SERVICE
- ☐ TIP 35% AT YOUR NEXT MEAL
- ☐ BUY \$5-10 GROCERY STORE GIFT CARDS TO GIVE AWAY TO A HOMELESS PERSON(S)
- ☐ HOLD THE DOOR OPEN FOR A STRANGER
- ☐ SAY PLEASE AND THANK YOU
- ☐ START A CONVERSATION WITH THE CASHIER OR WAITRESS GENUINELY ASKING ABOUT THEIR DAY
- ☐ BRING HOT CHOCOLATE/COFFEE TO A HOMELESS PERSON(S)
- ☐ BRING BLANKETS/SLEEPING BAG TO A HOMELESS PERSON(S)
- ☐ MAKE A DONATION TO A CHARITY OF CHOICE
- ☐ HELP PROMOTE A FRIEND'S BUSINESS OR CAUSE
- ☐ CREATE YOUR OWN FEEL GOOD POST/VIDEO
- ☐ COMPLIMENT A STRANGER
- ☐ RESEARCH A CULTURE THAT IS NOT YOUR OWN TO BREAK THE CYCLE OF COMMON STEREOTYPES
- ☐ BUY A COFFEE FOR A STRANGER IN LINE BEHIND YOU
- ☐ LET SOMEONE IN FRONT OF YOU WHILE DRIVING

# THEGOODHUMANEXPERIMENT

- ☐ TAKE DEEP BREATHS WHILE DRIVING AND TRY TO STAY CALM
- ☐ PARK NICELY WITHIN THE LINES; BE COURTEOUS TO OTHER DRIVERS WHO SHARE THE PARKING LOT
- ☐ BEFORE LEAVING A COMMENT ON SOCIAL MEDIA, ASK IF IT'S NECESSARY, WILL IT CONTRIBUTE POSITIVELY, IS IT KIND, AND IF YOU STILL FEEL INCLINED FIRST TRY TO SEE IT FROM THEIR PERSPECTIVE
- ☐ RESIST THE URGE TO SPREAD GOSSIP
- ☐ RESIST THE URGE TO SHARE NEGATIVE FB/SOCIAL MEDIA POSTS AS IT JUST FUELS THE FIRE. REPLACE IT WITH A FEEL GOOD STORY INSTEAD.
- ☐ VOLUNTEER AT A LOCAL CHARITY, SOUP KITCHEN, HOMELESS SHELTER, ETC
- ☐ HELP AN ELDERLY PERSON BRING THEIR GROCERIES TO THEIR CAR
- ☐ IF ON A CROWDED CITY BUS OR PUBLIC TRANSPORTATION, OFFER YOUR SEAT TO AN ELDERLY PERSON OR PREGNANT WOMAN
- ☐ SAY PLEASE AND THANK YOU ALWAYS
- ☐ LEAVE THE ENCOURAGEMENT CARDS FROM YOUR GHE KIT AROUND TOWN
- ☐ COMPLIMENT YOUR SIGNIFICANT OTHER OUT OF THE BLUE
- ☐ CALL YOUR PARENTS TO SAY YOU LOVE THEM
- ☐ CALL A FRIEND TO SAY YOU MISS THEM
- ☐ WHEN GOING INTO A STORE, TAKE OUT YOUR EARPHONES AND BE COURTEOUS
- ☐ WHEN CHECKING OUT AT THE REGISTER, END YOUR PHONE CALL AND ENGAGE WITH THE CASHIER
- ☐ BE AWARE OF YOUR PEOPLE AROUND YOU, IF SOMEONE SEEMS TO BE STRUGGLING OFFER A HAND
- ☐ PICK UP GARBAGE YOU SEE AROUND YOU
- ☐ DON'T LITTER
- ☐ IF YOU SMOKE, BE COURTEOUS ESPECIALLY AROUND SMALL CHILDREN
- ☐ COMPLIMENT A PARENT ON THEIR CHILDREN
- ☐ DONATE CLOTHING TO LOCAL SHELTER
- ☐ TALK TO THE SHY PERSON/ OR SOMEONE WHO SEEMS UNCOMFORTABLE IN A SOCIAL SETTING



☐ LET SOMEONE GO AHEAD OF YOU (IN CAR, AT STORE, IN LINE)

☐ CALL YOUR GRANDPARENTS

☐ VOLUNTEER IN AFTER SCHOOL PROGRAM OR LOCAL SENIORS RESIDENCE

☐ DO THE DISHES WHEN IT ISN'T YOUR TURN

☐ OFFER TO RETURN CART FOR SOMEONE AT STORE

☐ USE THE BLANK ENCOURAGEMENT CARDS IN YOUR GHE KIT TO POST POSITIVE SAYINGS/  
COMPLIMENTS ON COLLEAGUES/ROOMMATES/FRIENDS DESK

☐ DONATE MITTENS/GLOVES/WARM SOCKS TO LOCAL SHELTER IN WINTER MONTHS  
(STICK TOOTHPASTE, TOOTHBRUSHES AND GRANOLA BARS INSIDE THE SOCKS)

☐ IF ON A CROWDED CITY BUS OR PUBLIC TRANSPORTATION,  
OFFER YOUR SEAT TO AN ELDERLY PERSON OR PREGNANT WOMAN

☐ VOLUNTEER AT A CRISIS HOTLINE

## CREATE YOUR OWN

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