

my **everyday**  
**wellbeing**  
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## 12 days of KINDMAS

**Part 1 BE KIND:** Carry out 12 acts of kindness listed below the 12 days leading up to Christmas, that being the 12th to the 23rd of December. There is also this PDF which you can print out and tick things off as you go!

**Part 2 INSPIRE KINDNESS:** Spreading kindness by sharing this challenge with their friends, connections and loved ones so they too can do the challenge and support the spread of kindness even further. You can print out the PDF and give them a copy to make things super easy!

### YOUR 12 KINDMAS ACTIONS

- Day 1:** Compliment someone, maybe even a stranger
- Day 2:** Genuinely thank someone (for something past or present).
- Day 3:** Donate your time or unused items (or dollars, if you prefer)
- Day 4:** Share more smiles today.
- Day 5:** Go out of your way to help someone.
- Day 6:** Apologise to someone (for something recent or in the past).
- Day 7:** Do something good for the environment.
- Day 8:** Give the gift of your time today
- Day 9:** Check up on someone.
- Day 10:** Give away something of yours.
- Day 11:** Do something kind for yourself (pressure is always on this time of year)
- Day 12:** Choose your own act of kindness, then share it with someone (or use the event wall)

Enjoy the challenge!

"Kindness is our superpower. The catalytic, exponential power of a single act is enormous. A simple smile can change someone's day, a helping hand can change someone's life, an act of forgiveness can mend a relationship."

- Ace Mamun, founder, Global Good.