

# Goodness In Action

A #ProjectGoodness Initiative

Project Goodness is a community dedicated to noticing and adding to the goodness in and around us. An important part of Project Goodness is to actively add to that goodness. Here are some places to start. We challenge you to practice these and to share your experiences. Together we can light up our life and the lives of those around us.

Donate the change in your purse to charity  
#ProjectGoodness

Contact your local homeless shelter and find out how you can help  
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Teach somebody something  
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Offer advice when you can  
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Be generous with your listening  
#ProjectGoodness

Give a genuine complement  
#ProjectGoodness

Reach out to the family you don't see often and let them know that you're thinking of them  
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Make plans with someone you know could use some fun / social interaction  
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Before bed, think of 3 things you are grateful for  
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Before bed, think of 3 things that went well in your day  
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When you wake up say "today I shall smile because-"  
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Share something inspiring you've seen recently with others  
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