

# *The Good Deeds Movement:* *“Count Your Blessings By Making Them Count!”*



## **List of Challenges**

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- 1.** Say a prayer of thanks on a daily basis.
- 2.** Prepare and deliver a hot meal to an elderly neighbor or homeless person.
- 3.** Buy a deserving kid a piggy bank and then drop money in it.
- 4.** Create a scholarship fund on one of the crowdfunding sites listed above for a deserving individual who's college bound.
- 5.** Conduct a blanket drive for the homeless.
- 6.** Take an elderly neighbor who lives alone to the movies.
- 7.** Bring balloons, candy, music and your best dance moves to an elderly home.
- 8.** Donate books to a public foster care facility.
- 9.** Cut an elderly neighbor's grass or simply sit with them on the porch.
- 10.** Bake fresh cookies for a teacher and deliver them with an apple (just to give him/her an alternative - smile).

- 11.** Buy a gift for a friend who recently broke up with a significant other. Then, send a card the next day telling him/her that accepting your gift was a gift in return.
- 12.** Give someone a compliment.
- 13.** Volunteer for a local charity.
- 14.** Fill up someone's gas tank.
- 15.** Allow someone to get in front of you in line at the grocery store. You'd be surprised how a gesture this simple can make someone's day.
- 16.** Buy coffee for the person behind you in line at the coffee shop.
- 17.** Make breakfast for yourself at least once a week, then enjoy it in bed.
- 18.** Learn sign language then go to a school for the deaf and communicate, "I learned to sign just for you. With love."
- 19.** Leave Post-it Notes with words of encouragement on your co-workers' desks.
- 20.** Send a letter of thanks to a public figure who has had a positive influence on your life.
- 21.** Give the mailperson a chocolate candy bar and thank you note for always delivering your mail on time.
- 22.** Tip your waiter with money and a compliment of how well they served your food.
- 23.** Recycle (the earth loves this good deed in particular).
- 24.** Participate in a cleanup effort at your local park.

- 25.** Take your talent to the streets and any money donated, use it to buy lunch for a homeless person in the area.
- 26.** Give a stray animal food and water. And don't forget to throw in a treat! ~ :-)
- 27.** Donate blood
- 28.** Have a rent party (a group of people get together for a fun event such a casual house party and collect money for the purpose of paying someone's rent for that particular month or week).

**...just to name a few. As long as you're giving and it's from the heart, this is the only thing that matters. Now get to giving, LOVES!!!**



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