30 Day Kindness Challenge

Embrace Kindness. Change the world.

Choose any TWO challenges below and do them for 30 days.
Track your daily progress and be ready to **share what you learned** at the end of 30 days!

💡 **HOW IT WORKS:**

1. Pick **TWO** challenges that inspire you.

2. Do each challenge every day for **30 days**.

3. **Record** what you did or experienced each day (write it down, take photos, or create videos).

4. Be prepared to **share your story** at the end of 30 days.

✨ **YOUR CHALLENGE OPTIONS:**

📫 **Gratitude Challenge**
Share or write down one thing you're thankful for each day.

💬 **Compliment Challenge**
Give someone a genuine compliment every day.

🤝 **Helping Hands Challenge**
Do one act of help for someone—family, friend, or stranger.

😊 **Smile Challenge**
Smile at 5 people each day and observe the impact.

🚫 **No Negativity Challenge**
Go 30 days without saying anything unkind or negative.

🎁 **Random Acts of Kindness Challenge**

Do a different kind act each day (e.g., hold a door, leave a note).

🧘 **Kindness to Self Challenge**

Practice one kind act for yourself (rest, positive self-talk, etc.).

✉️ **One Kind Note or Text Challenge**

Write one handwritten note or send one text with encouragement or praise.

🌱 **Nature Kindness Challenge**

Do something kind for the environment daily (recycle, pick up trash).

📱 **Connect with Others Challenge**

Reach out to someone new or reconnect each day.

🎯 **BONUS:**

Get creative with how you share your experience—make a video, write a short story, create a slideshow, or even make art from your journey!

🌈 **BE KIND. BE BOLD. BE THE REASON THE WORLD IS BETTER.**

Captain Kindman believes in you!

Do you accept the challenge?