



BE A DO-GOODER

Helping out and doing good doesn't have to be a big commitment. Instead, make it part of your every day with small acts.

1. Ask a local food bank what their most-needed items are. Each time you go to the grocery store buy one thing on that list and make a monthly delivery.
2. In front of someone in line with kids who are on the brink of a meltdown? Instead of getting annoyed, let them go in front of you and be that parent's hero.
3. Next time you're out mowing the lawn, raking leaves or shoveling the driveway extend the favor to a neighbor.
4. Clean out the closets and make a run to your local Goodwill or homeless shelter.
5. If a co-worker or friend has been feeling under the weather, offer to do some quick errands or a grocery store run so they have time to rest.
6. Are there new neighbors on the block? They'll never forget if you make the effort to introduce yourself first. Bonus points if you give them a guide to the neighborhood's best parks, restaurants and shops.
7. Smile and be friendly to people in the customer service industry. Your smile may be the brightest spot in their day.
8. Offer to babysit for a friend or neighbor. Encourage the parents to take a night off to focus on each other.
9. When you get good service at a coffee shop or deli throw a buck or two in the tip jar.
10. Do the dishes. Even if it's not your turn.