



View From The Top

101 Random Acts of Kindness

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Acts of kindness to strangers:

1. Smile at a stranger. It's contagious; you are sure to get one back.
2. Pay for the car behind you at a fast food restaurant.
3. Visit a local nursing home and ask the Director to point you in the direction of someone who doesn't get frequent visitors. (Examples: take them a tin of cookies, work a puzzle with them, or just let them talk to you. Remind them they are important and loved. This is a great thing to involve your children. Let them color pictures and hand them out.)
4. Anonymously pay for someone's meal at a restaurant. (Examples: pay for the family with small children who seem like they could use a helping hand, pay for the older couple who needs to be reminded this generation still has kind people, pay for the single Mom and her kids)
5. Pay the toll fee for someone in line behind you.
6. Strike up a friendly conversation with a stranger in line instead of burying your face in your phone. Let them talk, listen, and be interested.
7. Tip double what you normally would. Many times, they could really use the extra money.
8. Stop when you see someone with a flat tire and offer to help them even if they are already changing it. The gesture could make their day or even week. Don't assume someone already has stopped to offer help.
9. When traveling, open the Bible they provide in the room to a verse about thankfulness and leave a tip with a note that thanks the cleaning staff for cleaning your room. (Example: Philippians 1:3)
10. Go to a store with layaway and pay towards (or pay off) a random stranger's layaway (especially during the holiday season).
11. While waiting in line, let the person behind you go before you. Then, try to strike up a conversation.



12. While in traffic, pay attention to cars needing to switch lanes and let someone over (sounds simple, but you know everyone thinks they can't let someone in front of them).
13. Give someone your aisle seat on a plane.
14. Hold the door open for people behind you, smile, and tell them to have a great day (having manners should never go out of style).
15. Make an anonymous donation to any of your favorite charities.
16. Pick up litter on your way to throw something away (you know you see that trash on the ground; don't just walk past it).
17. Offer to take a picture of a couple or family who is struggling to capture their "selfie".
18. Purchase (or bake) cookies and hand deliver them to an attendant who regularly serves you. Thank them for their hard work. (Examples: bank teller, attendant who changes your oil or cuts your hair, the employee at the dry cleaners, a custodian at your business, etc).
19. During the holiday season, pay attention on trash day. When your trash is being collected, take a tip with a thank you card to the waste management specialist. (You know you have an excessive amount of trash during the holidays. Thank them for working hard.)
20. Next time your mail carrier rings your door bell, take a moment to truly thank them for delivering your mail. Don't just take the package and give a nonchalant "thanks"; truly take a moment to sincerely thank them.
21. While in public, if you see a child who is behaving well, compliment the parent. Tell them they're doing a great job. Parents need to hear it! (Praise the child as well!)
22. Talk with a homeless person. They may ask for spare change or a snack, but also be sure just to stop for a moment and converse with them.
23. If you walk past an expired parking meter, put a few quarters in it.
24. Leave the newspaper you're reading for someone else to read in the coffee house or doctor's office.
25. Hold the elevator for the person you see coming toward you. They're in a hurry, just like you.
26. Offer to return a shopping cart to the store for someone loading their car.
27. Purchase gift cards to grocery stores or gas stations, in any amount, and pass them out. (Examples: purchase grocery gift cards and walk around the store handing them out and telling people you hope it makes their shopping a littler brighter)



28. Offer your umbrella to someone in the rain.
29. Let the other car have the parking spot. There will be another one.
30. Volunteer at a local soup kitchen. Engage with people, serve them intentionally, listen, and make them smile.
31. Take donuts to a local hospital waiting room.
32. Talk with the person at a social event who seems to be struggling with socializing.
33. Leave a \$10 bill (or more) in a public place for someone to find. It is guaranteed to make them smile!
34. Tell a joke; make someone laugh.
35. Help someone load groceries in their car.
36. Complain less. Make a concerted effort to be positive.
37. Hand out hand warmers, warm socks, socks, and gloves to the homeless in February when the holidays are over but the need is still great.
38. Leave \$1 in the vending machine.
39. Pass out water bottles or Gatorade during the summer at a local construction site.
40. Help a Mother carry the stroller up the subway stairs.

Acts of kindness to family/friends:

41. Call a friend or family member just to see how they're doing. Just a friendly call; don't ask for anything.
42. Call, text, or e-mail a certain inspirational quote or Bible verse to a friend and tell them how they exemplify the qualities in the quote/verse.
43. Send a hand written note. (Examples: thank you cards, birthday cards, just because cards)
44. Send someone a book by mail that you think would positively impact their life. (Example: login to Amazon and mail them a book directly to their house)
45. Pull your neighbor's trash bin back up to their house for them (especially if they have a long or steep driveway).



46. Shovel snow off a neighbor's driveway for them before they wake up and do it themselves.
47. Purchase a goofy trinket that only your friend/family would understand why you purchased it. Make it a goal to make them laugh/smile, bring back a memory, or let them know you're paying attention to even the small things. (Examples: childhood game you enjoyed together, favorite candy bar, something to do with their favorite sports team or author)
48. When traveling with a group of friends or family and you stop to get gas, offer to pay.
49. Help someone move. Offer before being asked. Go out of your way to help; moving is stressful.
50. Take a hot meal to friend or family who is going through a rough time. (We are accustomed to taking meals to families that just had a new baby or a death in the family, but why not take a meal to someone who just needs a "pick me up"?)
51. Write a note to a former school teacher, mentor, or counselor and tell them specifically how they made an impact on your life.
52. Login to Amazon and purchase a gift off someone's wish list. (You can search by name, email address, or through your contacts in social media.)
53. Treat your grown kids and their family when you're all together. (Examples: pay for everyone's admission to a sporting event or movie, pay for the dinner tab)
54. Mow your neighbor's yard, pull their weeds, rake their leaves, or lend a hand to help them do something around their house for nothing in return.
55. Give your child extra attention. Let them talk without interrupting them. What they have to say is important to them.
56. Call the electric company, cable company, or phone service and pay your neighbor's (or friend's) monthly bill.
57. Hug your family with you leave. Tell them you love them.
58. Forgive someone who has wronged you or ask for forgiveness to someone you have wronged.



Acts of kindness at your place of business:

59. Tell someone what you think they do really well. Publicly give them a compliment in front of peers or a colleague.
60. Bring candy to the next office meeting and share.
61. Give away something for free that you sell (or promote) to a random customer or person. (Examples: a book or course you've written or recommend, a service you provide, a consultation, or product you've created)
62. Share someone's content online to boost their exposure.
63. Instead of sending a client a thank you email, record a video message and send it.
64. Write a LinkedIn recommendation prior to being asked for one or prior to them leaving one first or prior to them leaving you one first.
65. Record and send a short video testimonial for a vendor (or a client) you recommend or a client. If they wish, let them use it how they wish to promote their business.
66. Listen to a Podcast of someone you know (or do business with) and leave a positive comment about something you enjoyed hearing or something that impacted you.
67. Introduce two colleagues that should know each other but don't.
68. Send customers or employees birthday and anniversary cards.
69. During a conversation with your client, take time to ask them something about their personal life. Make an intentional investment in them personally. (Examples: ask how their kids or family is doing, ask something about a game from the past week of their favorite sports team, ask how their holiday went)
70. Bring coffee and donuts to the office. Say a compliment or a simple "have a great day" when you hand them out.
71. Spontaneously choose a hard working employee that every day goes above and beyond their normal call of duty and let them take off early. Tell them you appreciate them and enjoy the rest of the day off.
72. Pay attention to your customers interests. Send them small items to let them know you're paying attention when they speak. (Examples: gift card to their favorite restaurant, an autographed memorabilia of their favorite sports team, a book they've been wanting to read)



73. Encourage or mentor a younger person who is in your same field. Give them actionable tips.
74. Visit office suites in your building (or close by buildings), introduce yourself, and let them know if they need anything you're close by. Give them a business card with your name and number. Be a friendly neighbor.
75. Ask a co-worker how a deal is going that they are working on.
76. If you're pleased with service at a business, go out of your way to ask to speak to the manager and compliment their employee's service or behavior. It benefits the employee and business.
77. Tweet a good business. (Example: "@localbusiness You rocked today and I highly recommend")
78. Buy supplies your office regularly uses and pass them out. Everyone could use extra office supplies.
79. Take a customer to lunch and don't talk about business.
80. When hearing a negative or condoning conversation about other colleagues, say something positive or change the subject.
81. Congratulate and acknowledge other's success.
82. Thank your boss for something, even if it's just for the opportunity to work for them.

Acts of kindness to your wife:

83. Text your wife something simple and thoughtful during the middle of the day. (Examples: "You are important", "You are beautiful", "Thank you for everything you do and sacrifice for our family")
84. Pick up around the house when you arrive home. Not for recognition but to intentionally help your wife. (Have your kids to help, too. It teaches your children that you want to serve your wife.)
85. Choose a responsibility your wife handles and offer to do it for her that day. (Examples: take the kids to practice, pick up dry cleaning, run by the store, pick up or cook dinner)
86. Without your wife knowing, get the coffee pot prepared and ready the night before with a note beside her cup telling her you hope she has a great day.



87. Write your wife a love note and put it in her coat pocket, car, or purse for her to find at a later time.
88. Allow your wife some alone time without making her feel guilty. (Examples: play a game with the kids to give her some time alone, pay for her and a girlfriend to get pedicures or coffee, draw her a bath with her favorite book to read)
89. Send your wife flowers as a “just because” (or bring her home some hand picked ones).
90. Create a playful “treasure hunt” with your wife (Leave 3 clues throughout the house leading to something you purchased for her - a book, event tickets, a date night gift card, a new shirt, or just something small she enjoys.) It’s the thought that counts. It doesn’t require a lot of money.
91. Fill up your wife’s gas tank when you drive her car. She can do it, but will appreciate not having to.
92. When it’s cold outside, start her car to warm it up.
93. Put down your cell phone and all electronics. Pay attention to her. Listen intently. Engage in conversation.
94. Clean out and detail your wife’s car (or pay to have someone do it).
95. Plan a date night. Make a plan for childcare, cover every detail, treat her like a queen.
96. Take a day off work and spend quality time with your wife. You have vacation days; save one for your wife.
97. Compliment your wife in a public setting.
98. Give your wife a back rub or foot rub.
99. Cross off something on your “honey do list” without having to be asked first by your wife.
100. Rent a movie your wife wants to see for a date night at home.
101. Hug your wife. Whisper something sweet to her.



Businessman and Life Coach, Aaron T. Walker, has inspired many through his leadership, mentorship and consistent pursuit of excellences. He enjoys helping other men. Aaron draws upon his 35 years of entrepreneurship and marriage to help men live on purpose. Aaron helps men grow to become more successful and significant.

