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Leave a "warm fuzzy" message for someone	Do a chore someone in your household hates doing	Drop off flowers for someone	Leave a surprise tip for restaurant staff memeber
Buy a stranger's coffee	Call an isolated friend	Give a stranger a compliment- Ex. "I love your scarf!"	Drop off items to a local shelter
Shovel for a neighbour	Make a donation to a cause you care about	Leave bubbles for neighbour kids	Pick a street to clean up (wear gloves!)
Make an appt. to donate blood	Thank a frontline staff person	Speak to the manager to give praise for an employee	Give a social media shout- out to a local business