

Spreading Sunshine

30 WAYS TO SPREAD CHEER



Ready to make a difference in your life and others? Let's start spreading sunshine and make the world a better place with these 30 quick and easy ways to brighten someones day!



Cheer

- Smile
- Introduce yourself to someone new
- Find out more about someone
- Compliment
- Visit someone lonely
- Encourage someone to do good
- Let someone know they are beautiful
- Kind to the lonely
- Text a friend uplifting words
- Sing a happy song

Love

- Write a note
- Do another's chore or job
- Cut out hearts and tape on their door
- Express gratitude
- Pray for guidance to help another
- Share a scripture
- Share a spiritual message on social
- Give a hug
- Kiss
- Go for a walk

Joy

- Make cookies to give to a neighbor
- Do a service for someone in need
- Go the extra mile
- Buy flowers to give away
- Give an unexpected gift
- Change complaining to gratitude
- Make someone dinner
- Send a card
- Call on birthday
- Affirming effort

May you see the blessing that come into your life as you spread sunshine and love by your example.