

# #BEKIND21

## BROUGHT TO YOU BY: SAP

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- 1 Journal out 3 things that you are grateful for today.

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- 2 Go to [globalcitizen.org](https://globalcitizen.org) and sign a petition for a cause you care about.

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- 3 Have a (virtual) lunch date with a friend.

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- 4 Take some time to read an inspiring article or some pages of your favorite book.

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- 5 Take the time to enjoy a cup of your favorite beverage.

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- 6 Create space for renewal – choose one item to donate.

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- 7 Send a kind note to a loved one.

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- 8 Learn about UN Sustainable Development Goals. Pick one you're passionate about and activate it in your day-to-day life.

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- 9 Call a loved one and remind them that you love them.

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- 10 Thank your family, friends, colleagues or teachers for their hard work.

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- 11 Go on a walk and open up your senses to your surroundings.

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- 12 Plan a volunteering activity to complete before the end of the year.

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- 13 Eat green. Try to go plant-based all day.

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- 14 Tell someone who's struggling that you are thinking of and are there for them.

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- 15 Treat yourself to some downtime with a meditation experience.

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- 16 Leave a positive review online for a local small business you enjoy.

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- 17 Clean your phone from old apps and organize your pictures.

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- 18 Support an artist by sharing their work.

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- 19 Get someone to laugh out loud today.

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- 20 Give someone a compliment today.

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- 21 Happy World Peace Day! Today, try to spread peace. Forgive, love and smile.

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