

#BEKIND21

BROUGHT TO YOU BY: SAP

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

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

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

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

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

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

- 7 Send a kind note to a loved one.

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

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

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

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

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

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

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

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

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

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

- 18 Support an artist by sharing their work.

- 19 Get someone to laugh out loud today.

- 20 Give someone a compliment today.

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