DECEMBER ADVENT

Twenty-Four Small Kindnesses

One a day through December. Tick it off, or do not.

1 ☐ Text the person you keep meaning to text.	2 ☐ Leave a good review for a small shop.	3 ☐ Pay for the coffee behind you.	4 ☐ Clear a neighbour's walk before they get to it.
5 ☐ Thank someone by name, out loud.	6 ☐ Hide a note in a lunch bag.	7 ☐ Bag up the coats nobody wears.	8 ☐ Phone a grandparent for no reason.
9 ☐ Let three people merge without sighing.	10 ☐ Drop a box at the food bank.	11 ☐ Tip more than feels normal.	12 ☐ Send a photo that will make someone laugh.
13 ☐ Write down what you love about someone, then give it to them.	14 ☐ Bring something warm to a friend having a hard month.	15 ☐ Ask the cashier how the day is going, then wait for the answer.	16 ☐ Let a small grudge go quietly.
17 ☐ Compliment a stranger's coat.	18 ☐ Check on someone spending the holidays alone.	19 ☐ Give away a book you loved.	20 ☐ Say the apology you keep not saying.
21 ☐ Hold the door, then hold it again.	22 ☐ Send money to a cause, any amount at all.	23 ☐ Thank the delivery driver properly.	24 ☐ Be kind to yourself and take the evening off.

Swap any of them for something that suits your December better.