

The 7-Day Kindness Challenge

Proving, what we put out, we get back.

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1

Monday
Start Strong

Remember The Name of
Everyone You Meet Today



MAKE IT HAPPEN

1. Concentrate and listen.
2. Repeat and use the name.
3. Make a note of it.

2

Tuesday
Keep it Going

Praise and Compliment
10 People Today



MAKE IT HAPPEN

1. Praise actions and effort.
2. Focus on character traits.
3. Be specific and authentic.

3

Wednesday
You're on a Roll

Only Say Positive Things
Today—No Complaining



MAKE IT HAPPEN

1. Think it, but don't say it.
2. Look for the upside.
3. Track negativity.

4

Thursday
This Will Be Fun

Find Small, Thoughtful Ways
to Make 5 People's Day



MAKE IT HAPPEN

1. Exceed their expectations.
2. Make manners a priority.
3. Pay it forward / small gift.

5

Friday
Finish Strong

Make 3 People Feel Like
They Are Celebrities



MAKE IT HAPPEN

1. Ask thoughtful questions.
2. Listen with great interest.
3. Offer help in some way.

6

Saturday
Bonus Game

Imagine Switching Places
With Everyone You See



MAKE IT HAPPEN

1. What's their life like?
2. What makes them smile?
3. What do they need?

7

Sunday
Reflect

Take a Picture of Everything
You're Grateful For



MAKE IT HAPPEN

1. Text someone a thank you.
2. Call someone to check in.
3. Pause throughout the day.