



A CHORUS OF GENEROSITY

30 DAY CHALLENGE

Be generous every day. No act is too small!

1 Give someone your full attention. Put down your phone, close your computer, be fully present for every conversation today.	2 Send a "thank you" text. Reach out to someone who has helped you along the way (even if it's been years!).	3 Give away something you don't use. It might be exactly what a newcomer or refugee family needs to feel at home.	4 Compliment a stranger. Sing a bright, unexpected note into someone's day. Kind words change the world.	5 Let someone go ahead of you in line today.	6 Write a note to someone in your church, school, or community. Tell them why you're grateful for them.
7 Buy someone's coffee today. Could be a friend, a neighbor, or the person behind you in line.	8 Take a walk and pick up litter. Beauty begets beauty.	9 Share a favorite book, song, or recipe. Give someone a little joy from your own life.	10 Pray for someone you find difficult. Let this prayer retune your heart.	11 Forgive a small (or big!) grievance today. Let grace do what grace does best.	12 Smile or nod to as many people as you can today, especially strangers.
13 Make a donation to your favorite organization today. A small note in a greater symphony of justice and joy.	14 Call someone who might be lonely. Your voice could be exactly what their heart needs today.	15 Write a positive online review for a local business. Amplify the good!	16 Donate food to a food pantry today. Make sure it's something you'd want to eat, not just the leftovers from the back of your cupboard.	17 Support a local business that builds community – with a purchase and a thank-you note.	18 Be curious instead of defensive today. Offer the gift of a listening heart.
19 Give your attention to the natural world. Listen for the music already playing – in rustling trees, birdsong, even the swirling stars.	20 Text someone: "Just thinking of you!" No reason needed. Just let them know they matter.	21 Ask someone how they're doing. Then listen.	22 Learn about a culture beyond your own. Expand your songbook – read an article, watch a documentary, or try a new recipe.	23 Leave a kind note for someone to find. Tuck it in a library book, leave it on a co-worker's desk, or tape it to a mirror in a public restroom.	24 Offer to carry something (literally or figuratively).
25 Give someone the benefit of the doubt today.	26 Let someone else go first (in traffic and in conversation).	27 Speak well of someone behind their back. Sing their praises when they're not in the room.	28 Offer to pray for someone (then actually do it!).	29 Leave a generous tip today. Even if the service was just okay!	30 Reflect on the past 30 days. What changed for you? What surprised you? What might you carry forward?

