

Agents of Change

- Say "Good morning" to a person standing next to you in the elevator, grocery store or line for anything.
- Pay for the coffee behind you.
- Take a minute to direct someone who is lost, even though you're rushing.
- Write a letter to a child who could use some extra attention. Kids love getting mail.
- Offer to pick up groceries for an elderly neighbor, especially in extreme weather.
- Give a homeless person your doggie bag.
- Say "I love you" to someone you love.
- Put a coin in an expired meter.
- Help a mother with her baby stroller across a street, or hold a door open for her.
- Each time you get a new item of clothing, give away something old.
- Take someone's shift as the car-pool parent.
- Listen with all your senses.

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- Acknowledge your waiter or waitress by their name.
- Out of the blue, send flowers to a friend.
- Say "please" and "thank you" —and really mean it.
- When you're on a crowded train or bus, offer your seat to an elderly, disabled or pregnant person.
- Don't interrupt when someone is explaining themselves.
- Let a fellow driver merge into your lane.
- Offer to baby-sit for a single mom.
- Put your shopping cart back in its place.
- Call or write to a teacher who changed your life.
- Bring something healthy to share at the office.
- Forgive someone a debt—and never bring it up again.
- Bring your assistant coffee.
- Give yourself compliments everyday for 30 days.
- Start a Gratitude Journal.

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- Write a note to the boss of someone who helps you, and explain how great a job that person is doing.
- Simply say "I'm sorry" when you're wrong.
- Throw away your trash—and someone else's—after a movie, picnic or visit to a park.
- Encourage someone who seems despondent.
- Volunteer to take care of a friend's dog while s/he is vacationing.
- Help a friend pack for a move.
- Ask someone "How are you doing?" —and then just really **listen** to them.
- Offer change when the person in front of you at the register comes up short.
- Before a friend moves away, give them your favorite recipe or quote and a photo of the two of you together.
- Leave a generous tip for a pleasant waiter.
- At work, offer to transfer a caller who needs help from another department.
- Pass along a great book you've just finished reading.

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