

Listen more and speak less



Buy coffee for a stranger



Put something into the food bank



Smile at myself in the mirror



Compliment a stranger



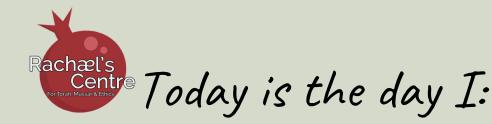
Compliment a loved one without being prompted



Leave a thank you note for a delivery person



Ask someone to tell me how they're really doing



Connect with a friend I've lost touch with



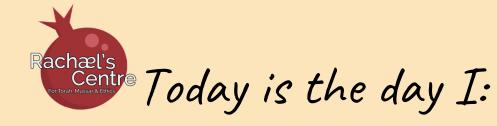
Send flowers of gratitude to a parent or close friend



Gift a movie on iTunes to someone for no reason



Name the book I meant to read



Decide what other word I would use for 'God'



Rachæl's Centre Today is the day I:

Apologize to a specific person for a specific thing



Forgive a specific person for a specific thing