

28 days of connection

Give the gift of kindness and gratitude to yourself and others

Share positive energy with those around you today – smile more!	Offer a five minute favour to someone and make their day	Give yourself a pat on the back for making progress, no matter how small	Go out of your way to pay someone else a compliment today	Surprise someone with a gratitude note. Include details of why you're grateful	Pick up the phone and call an old or new friend	Reflect on what you've learnt about yourself recently
Get together with colleagues or neighbours for a working bee or clean-up	Take a few moments for yourself to appreciate the silence	Donate some time, goods or money to a charity of your choice	Bring more nature, such as a desk plant, into your workspace	Check in on someone just for the sake of checking in. Be ready to listen	Write daily gratitude notes and put them in a jar. Read them together weekly	Thank someone who serves you today with genuine gratitude
Initiate a catch-up with a person you haven't seen in a while	Host a morning tea at work for a good cause and ask everyone to contribute	Read a book and learn something new. Share it with someone	Post a handwritten gratitude letter to a peer, family member or friend	Share your expertise with someone. Could you become a mentor?	Give away a possession to someone who needs it more than you	Pay attention to how others contribute and acknowledge them in a meaningful way
Find three small things you can do to build more self-care into your daily routine	Play a game; cards, sports, chess, a board game. Be sure to have fun!	Get to work early and leave a treat or decoration to surprise others	Write to a person in power to advocate for someone less fortunate	Share what you're grateful for in every conversation you have today	Nominate another person for an award or some form of recognition	Reflect on how being kind and connected makes you feel

