

7-Day Random Acts of Luv Challenge

Small acts. Big hearts. Spread the luv all week long.

Complete one act a day — or mix, match, and repeat. Every act counts.

- ♡ Write a heartfelt thank-you note
- ♡ Send a kind or encouraging text
- ♡ Compliment someone
- ♡ Help someone without being asked
- ♡ Bring a small treat to share
- ♡ Hold the door, give up your seat, or lend a hand
- ♡ Make someone smile on purpose today
- ♡ Leave a positive note where someone will find it
- ♡ Donate gently used items or supplies
- ♡ Volunteer your time (even 15 minutes!)
- ♡ Share appreciation publicly (shoutout post or comment)
- ♡ Include someone who might feel left out
- ♡ Check in on a friend or neighbor
- ♡ Do a good deed anonymously
- ♡ Encourage someone who's having a tough day
- ♡ Share a smile or friendly hello with someone new
- ♡ Pay for a stranger's coffee, parking meter, or gas
- ♡ Write a positive review or testimonial for a local business
- ♡ Offer to watch kids, pets, or help with errands
- ♡ Pick up litter or tidy a shared space
- ♡ Celebrate someone's win — big or small
- ♡ Express gratitude to an everyday hero (custodian, bus driver, delivery driver, nurse)