20 Years an ESOP. 20 Acts of Kindness Challenge.

Name: _____

Number of tickets: _____

One raffle ticket for each act completed.
We do not want to limit kindness, so complete the full board to earn up to 40 tickets.
Submit by October 26th to Heather Halotek. Photos encouraged.

1 Send a Thank You Note ☐	11 Donate to pet organization ☐	21 Submit an ESOP award nomination ☐	31 Help restock a shared area ☐
2 Bring a Coffee for a Colleague ☐	12 Donate blood (if eligible) ☐	22 Help with event set up/breakdown ☐	32 Assist with onboarding a teammate ☐
3 Leave a positive note on someone's desk ☐	13 Bring flowers to someone ☐	23 Create art for someone ☐	33 Bring books to a Little Free Library ☐
4 Make a donation to local food bank ☐	14 Shop at a local business ☐	24 Thank a delivery person ☐	34 Do a favor without being asked ☐
5 Pick Up litter during a walk ☐	15 Write down three things you are grateful for ☐	25 Share homemade baked goods ☐	35 Give away a plant ☐
6 Donate clothing ☐	16 Donate a book ☐	26 Leave surprise treat/trinket for someone ☐	36 Pay for someone's coffee/meal ☐
7 Send an encouraging text ☐	17 Leave a kind comment on social media ☐	27 Paint a kindness rock ☐	37 Donate spare change ☐
8 Share a helpful resource with a co-worker ☐	18 Help someone meet a deadline ☐	28 Donate Socks ☐	38 Bring a healthy snack to work to share ☐
9 Bring in snacks to share ☐	19 Compliment a stranger ☐	29 Share an industry article ☐	39 Let someone go ahead of you in line ☐
10 Share an uplifting article or podcast ☐	20 Assist with a chore ☐	30 Purchase an item from a wish list ☐	40 Check in with a relative or old friend ☐

Small acts can make a big difference.

Printable landscape letter-size challenge board