

Daily Random Acts of Kindness & Prayer 30-DAY Challenge

 Blue – Random Acts of Kindness Challenge

 Green – Prayer Challenge

1	2	3	4	5
Invite a colleague to have lunch with you today.	Send a motivational text to a friend who is struggling.	Send someone you know a joke to cheer them up.	Place a note of appreciation on someone's desk.	Attend a spiritual or religious service.
Medical Center Administration Acute Care Unit	CH units and Administration, LLUH Senior Administration	EC hospital Surgical Hospital	MC Critical Care Units VAT Transport	BMC Language Services
6	7	8	9	10
Send an encouraging email to a friend or co-worker.	Find an inspirational quote, write it down and place it somewhere at work.	Give someone a high five.	Take time to read a devotional!	Write down 10 things you are grateful for right now.
Murrieta Supply Chain Management	LLU students, staff, faculty and administration	Faculty Medical Clinics Caroline St. Clinics	Radiology, Transportation & Parking	Inpatient OT, PT & SLP, ORC Epidemiology
11	12	13	14	15
Compliment your boss on something they've done to help you grow.	Send a group text with an uplifting quote.	Give someone you care about an unexpected, big hug today.	Call a loved one you haven't spoken with in a while.	Offer to walk or exercise with a co-worker during a break.
Cancer Center, Int. Heart Inst, CH Hospital based Clinics	Patient Care Services Transitional Care	Care Coordination Case Management Social Work	Child Life, Chaplains, Employee Spiritual Care	Construction, Contracting, Campus Transformation Project
16	17	18	19	20
Email or write to a former teacher who made a difference in your life.	Take time to read an inspirational book!	Wake up early to appreciate the sunrise.	End your work day with gratitude by writing a gratitude list.	Look at volunteering within your local area.
Dialysis, Dispatch ED Trauma	EVS, Linen Serv., Facilities Business Development	Finance, Financial Services, Revenue Cycle, Registration	Home Health Hospitality Volunteer Services	101 Building Security Radiation/Proton
21	22	23	24	25
Find a moment to be truly present.	Text three people right now telling them why you are grateful for them.	Set goals for yourself. For today or the next five years.	Arrange to have a virtual cup of team and catch up with someone you know.	Get outdoors today and enjoy nature.
197 Building Transplant Institute Information Systems	125 Building TPN/VAD, Diabetes Treatment Center	MVP Staff Development Operator Services	Laboratory Services Pharmacy FPBO	Prof. Plaza All Attending Physicians
26	27	28	29	30
Take a walk to reflect on what you are grateful for.	Spend 10 minutes in mindful reflection about your purpose in life.	Give a compliment to three people today.	Write a letter to a woman in your life that made a difference.	Volunteer at a pet shelter or animal rescue.
Resident Physicians, APNs Mail Services	Nutritional Services Operational Excellence Patient Relations	Periop Services Adult Day Care, CNS, Global Health	Quality/Patient Safety Magnet, Patient Experience	Respiratory care Sleep Center Neurodiagnostic Lab