

# 50 SIMPLE & MEANINGFUL GESTURES TO SHOW OTHERS THEY MATTER

*The things that matter most in life aren't accurately measured in dollars and cents, but rather in emotional currency that bonds people to people. Actions that demonstrate care speak louder than words.*



1. Recognize successes (large and small)—all contributions matter.
2. Spread generous doses of 'please' and 'thank you' among service people (wait staff, cashiers, etc.); thank your service provider by name (on their name tag—politeness matters).
3. Welcome a new work colleague or neighbor to the community with a personal message or small gift—acceptance matters.
4. Bring a healthy treat (with the recipe if you made it) to share at the office or a gathering—sweetness matters.
5. Call someone just to say hi and see how they are doing—caring matters.
6. Celebrate birthdays with meaning—feeling special matters.
7. Clean up or organize a shared space—neatness matters.
8. Pay for groceries (all or part) of the person behind you—generosity matters.
9. Buy coffee for the person behind you—caffeine matters.
10. Gift things you no longer need or use to others—recycling matters.
11. Help a co-worker that has too much to do without being asked—stepping up matters.
12. Help a family member with their chores without being asked—sharing responsibility matters.
13. Smile as you walk by someone—expression matters.
14. Visit and reminisce with an older person—respect matters.
15. Offer encouragement—support matters.
16. Bring treats to a local fire station or police station just because; leave a treat for a letter carrier or delivery person—thoughtfulness matters.
17. Ask someone who might need a friend to take a walk and change their outlook—companionship matters.
18. Be warm and welcoming to a new co-worker, neighbor, etc.; invite someone to sit with you at a conference, at lunch, etc.—inclusion matters.
19. Compliment often—strokes matters.
20. Send a hand-written note for reasons large and small—personalization matters.
21. Send a card, hand drawn picture or small packages to military personnel.
22. Celebrate and welcome a new life—babies matter.
23. Send hope to those working through loss or illness—pain matters.
24. Let someone check out in front of you at the grocery store; let someone in front of you when you're stuck in traffic—saving time matters.
25. Mow someone's lawn after your own; shovel someone's driveway or walk after your own—exertion matters.
26. Offer to take a photo for a group when you see that one member can't be in the photo—memories matter.
27. Donate your time, creativity and/or money to a non-profit—humanity matters.
28. Put digital devices away, and listen with intention—attention matters.
29. Tell a colleague's boss about the colleague's efforts and results—recognition matters.
30. Seek out a manager to say thank you when receive extra ordinary service—gratitude matters.
31. Take extra arts and crafts, school supplies, etc. to a school—education matters.
32. Give a good hug, just because—touch matters.
33. Hold the door open for someone—kindness matters.
34. Put your phone away and create eye contact at the checkout—seeing matters.
35. Send flowers or a plant just because—surprises matter.
36. Active listening to respond with meaning—feeling heard matters.
37. Wave hello or goodbye to someone just because—acknowledgement matters.
38. Share a random smile with a stranger—smiles matters.
39. Do something nice without being asked—volunteering matters.
40. Marvel at a rainbow with a stranger; point out a pretty site to someone—nature matters.
41. Eat healthy—nutrition matters.
42. Exercise—fitness matters.
43. Give your body the rest/sleep it needs—rejuvenation matters.
44. Journal—introspection matters.
45. Organize a meal(s) for someone in need—nourishment matters.
46. Help someone learn a new skill—self-sufficiency matters.
47. Do what you need to for yourself to recharge—enthusiasm matters.
48. Look at a service providers name tag and thank them by name—their name matters.
49. Leave a kind note for a family member in their lunch, in a library book for someone to find—the unexpected matters.
50. Help someone who is struggling with some thing you are good at—thoughtfulness matters.

**Challenge: let's try to accomplish a few of these actions each day to make a difference in the lives of others we may or may not know.**