

21 simple ways ... To Do a Good Deed



One of the greatest things any of us can do in life is reach out and do a good deed for another human being. Whether it means offering your love and compassion, or making a charitable donation of time, energy, or money, there are many ways to bring sunshine into the lives of others. Here are 21 simple suggestions to get you started.

in partnership with



ResponsibilityProject.com

1 Adopt a neighbor. Invite an elderly neighbor to dinner, or offer to bring him or her a home-cooked meal.

2. Give money to good causes. Tithe 10 percent or give what you can on a regular basis to places that help others.

3. Become a volunteer. Join a group whose mission you believe in and donate your most valuable resource—time.

4. Save an animal. Rescue a dog, cat, or other animal from your local shelter.

5. Support the homeless. Volunteer at a soup kitchen or church shelter.

6. Spread some cheer. Bring flowers to a friend who's been feeling down.

7. Let your voice be heard. Write a letter to your representative in Congress about an issue that's important to you.

8. Plant a tree. Add beauty to your neighborhood and help the environment at the same time.

9. Pass along special-occasion clothing. Donate "once in a lifetime" clothing, such as bridesmaid dresses or prom dresses—many people can't afford new formalwear for big events, so let someone else enjoy them.

10. Volunteer at a public library. Help stretch limited budget dollars—and keep the library open for as many hours as possible—by offering a few hours of your time each week.

11. Send notes to heroes. Write a thank-you letter to a member of the armed forces who is currently stationed overseas.

12. Get in shape for a good cause. Participate in a local walk or run for charity. Sign up donors to support your efforts and cheer you on.

13. Support the arts in your town. Visit a local museum, see a play, or attend a concert in your community.

14. Give up your seat. Offer your seat on the bus or train to someone who is disabled, elderly or pregnant, or who just looks tired.

15. Reach out to an old friend. Get in touch with an old friend—at the very least, they will be touched and honored to know you were thinking of them.

16. Mentor a child. Teach a kid to read, help with schoolwork, or just spend time with a needy child. It can make all the difference in the world.

17. Give away stuff you don't need. Donate used books, clothes, and housewares to your local Goodwill or Salvation Army.

18. Leave a big tip. Most waiters and waitresses make the bulk of their pay via tips. Whenever possible, be generous.

19. Patrol your neighborhood. Help keep your neighborhood safe by joining the neighborhood watch.

20. Offer the gift of babysitting. Give busy parents you know a break by offering to watch their kids for an afternoon or evening.

21 Recycle your old electronics. When you upgrade, donate old electronics to schools or non-profits that support lower-income families who desperately need working equipment.

These tips were inspired and provided by the authors of [Spirit of Service: Your Daily Stimulus for Making a Difference](#) (HarperOne, 2009).