Challenges You Can Do Daily

1. Thank or compliment a service provider (5 points each)

This must be a genuine compliment: requires eye contact and a smile. You can earn points several times each day – every time you pay a compliment. Compliments over phone, email and text count too. Here are some examples of people to compliment:

- Cashier
- Instructor
- Office support person
- Family member or friend
- Someone who holds the door open for you

2. Do a good deed/Pay it Forward (25 points each)

- You determine what the good deed is. It could be helping someone with their groceries; helping a clerk bag your groceries; bring in the neighbor’s garbage cans; walk someone’s dog, etc.
- Do something for a stranger with no expectation in return, such as pay for someone’s meal in the drive-through or the checkout stand; give a friend some flowers for no reason; leave a gift for a new neighbor

Challenges to Accomplish over the 6-Week Period

1. Read a book about civility or kindness (100 points)
   a. Love Your Enemies by Arthur C. Brooks
   c. Think Again: The Power of Knowing What You Don't Know by Adam Grant
   d. Deep Kindness: A Revolutionary Guide for the Way We Think, Talk and Act in Kindness by Houston Kraft
   e. Other (specify): ________________________________

2. Volunteer (50 points each)

At least two hours of volunteer work

- ICL office or committee volunteer: contact us at icl@dixie.edu or fill out volunteer form: https://icl.dixie.edu/volunteer/
- International Yoga Day
- Plant trees: Arbor Day, April 30, St George City: https://www.sgcity.org/allartsandrecreation/arborday
- Other (specify): ________________________________
3. Expand your tribe – Get to know someone new (25 points each)
   a. Have breakfast, lunch or dinner with someone who belongs to a different religion, different political party, different ethnicity, etc. Identify where you share similar ideas or values; or how you are more alike than different.
   b. Attend a church meeting of which you are not a member.
   c. Research a controversial topic of which you have a strong opinion. Challenge your own acceptance by researching opposing viewpoints. Find reputable sources for information. Eliminate social media feeds and avoid television and radio talk shows that promote controversial opinions
   d. Write to your city, county, state and national leaders. Challenge them to set examples of civility and cooperation.