

- Prepare a meal for someone in need
- Write a letter of appreciation
- Print out a scripture a day, and leave it for someone.
- Be a secret friend for someone you don't normally do things with. Find out about their likes and dislikes, hobbies, talents, etc. and plan accordingly.
- Everybody loves getting cookies ;o)
- Visit a senior center and "adopt" a grandparent. Visit them at least once a week.
- Collect magazines and books to donate to a senior center or hospital.
- Wash windows or windshields
- Make copies of your family recipes, and give them to friends and family members
- Visit the Family History Center nearest you and prepare 3 names for baptism
- Make blankets for your local children's hospital or NICU
- Pick up litter in the park
- Tutor an elementary student in math, reading or another subject you are proficient at
- Go tracting with the missionaries
- Vacuum someone's living or family room
- Volunteer to say the opening or closing prayer in one of your church meetings for a month (this includes activities).
- Hug at least three people a day
- Let someone go in front of you at the checkout line or in traffic
- Write weekly letters to missionaries from your ward
- Ask the missionaries if you can help them mark Books of Mormon
- Write down your testimony and make copies for the mission office to put in Books of Mormon to be handed out.
- Mow lawns
- Help a child in primary memorize the Articles of Faith
- Teach someone to read
- Help someone to paint a fence or house
- Go through your jewelery, shoes and clothes. Take what you don't wear anymore to a women's shelter.
- Interview an older relative and tape your conversation. Afterwards, type up the history, and send copies to your family.
- Pick up lunch for your spouse and take the kiddos to the office and eat lunch together.
- Call the temple and put the names of your friends or family members that could use some extra help on the prayer roll.
- Offer to take an elderly person (whether it be a family or ward member) to a doctor appointment and keep them company.
- Choose one aspect of your church calling that you could improve or work on.
- Going out to dinner? Ask one of your visiting teaching sisters to come along. It is a fun and relaxed way for her to get to know you and/or your family.
- Choose to forgive someone instead of hold a grudge.
- Invite a neighbor or inactive sister to Enrichment Night.
- Write a letter to a missionary.
- Call someone who is homebound and ask if they would like you to do their Christmas shopping for them.
- Say thank you to someone who has helped you today....whether it is someone who opened a door for you, someone who was extremely patient with you, or simply showed you a kindness...make sure to say thank you.
- Pay for someone's lunch today.
- In your personal prayers, ask a blessing for someone who has been unkind to you.
- Hold open a door for someone else as you enter or exit a building and give them a smile.
- Randomly offer to baby sit another persons children for a few hours.
- Say hi to someone new.
- Give someone a flower.
- Play a board game with your children tonight. How long has it been? Let them have some personal time with you. Don't have children? Call up a neighbor, a visiting teacher, friend or relative and invite them over to play a game. What a great way to renew a friendship.
- Are you going grocery shopping today? Return your grocery basket in the stall after you are finished instead of leaving it by your vehicle. And why not take someone else's along the way?
- Today call, write, or e-mail that distant relative...if you are e-mailing, please do more than just forward silly stories and scare tactics to each other.
- Look everyone in the eye and say hello as you pass each person in the hall today at church. Call them by name and smile.
- Leave a note of love or praise where a loved one will find it.
- Have a prayer specifically for someone who is on your mind or could use help. Pray to know how to best help them. Follow the guidance of the Spirit.