



Be the Change

you wish to see in

THE WORLD

- Mahatma Gandhi, Indian lawyer, nonviolent activist, and leader
DoingGoodTogether.org

Bring a sweet treat to someone you know
who is having a tough day.

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Leave encouraging sticky notes around a
hospital waiting room or other stressful space.

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Call an organization working on an issue you
support and offer to volunteer.

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Pick up extra groceries, especially stock up
on sale items at your local store. Deliver
these to your nearest food pantry.



HUMAN KIND

Be both. Live generously.

Visit DoingGoodTogether.org.

Give your time for a cause you care about:

VOLUNTEER.

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Give some encouragement to those around you.

You never know who is struggling:

SHARE COMPLIMENTS.

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Give your opinion in your polling place:

VOTE!

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Give your full attention to those around you:

PUT YOUR PHONE DOWN.

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