

## **100 Blessing Ideas**

1. Pick up the tab for a random table or person at a restaurant
2. Meet your mailman with a Starbucks or Dunkin Donuts Gift Card
3. Deliver some fresh baked cookies/cake to your local Fire or Police Department
4. Meet/strike up a conversation with someone you see often but have never met
5. Visit a nursing home and listen to stories of a senior who doesn't get any visitors
6. Do a prayer walk in your neighborhood praying for each neighbor by name (learn names if you don't know)
7. Give money to a homeless person
8. Meet your garbage pickup crew with cold cans of soda or bottled water
9. Invite someone to church and lunch afterward
10. Give away something of sentimental or personal value
11. Pay for someone's gas
12. Volunteer your services at the church for one day
13. Go for an early morning walk & put your neighbors' newspapers at their door
14. Pick up garbage around your neighborhood or local park
15. Write a thank you card to your children's teachers, may include gift card or flowers
16. Offer to help a stranded motorist
17. Send a thank you card to your doctor/dentist
18. Meet a specific need for a single parent
19. Pick a specific person to pray for each day and let them know that you are actually praying for them that day
20. Thank your boss with a free lunch
21. Give something to God over and above your normal - time, talent, treasure
22. Help a widow
23. Give a college student a gift card for groceries
24. Pay tolls for someone behind you
25. Wash someone's car for them
26. Bring a meal to someone who is sick or recovering
27. Babysit for free for a night to give parents a break
28. Leave an extra big tip for your server at a restaurant
29. Buy flowers for someone you normally wouldn't buy flowers for
30. Next time your shopping see a buy one get one free – buy two and share one
31. Volunteer at Meals on Wheels, Hospice, Hospital, Ronald McDonald House, SCAS or PCA
32. Volunteer with an organization to feed the homeless
33. Take your elderly neighbor to their doctor's appointment and then out to eat
34. Be observant to someone you don't know doing a good deed and in turn, do something for them
35. Encourage a volunteer, i.e. sound guy, nursery worker, Sunday school teacher
36. Offer to help someone move
37. Hug 5 people in one day and tell them what they mean to you
38. Write a card to a mentor, telling them all that you've learned
39. Write a card to a mentee, encouraging them in their growth
40. Pass down old clothes to someone of the next generation
41. Have a yard sale where everything is free
42. Volunteer for one week in the nursery
43. Let someone who has a few grocery items go in front of you in the checkout line
44. Offer to give someone a ride
45. Hold the door open for someone
46. Offer to cut your neighbor's grass for them
47. Offer to take someone's shift at work so they can have a day off
48. Do something special for your spouse. If spouseless, for a friend
49. Invite a first-time visitor at church to lunch
50. Give a Bible

51. If you see someone carrying something heavy, offer to help
52. Call your siblings and let them know that you love them
53. Leave a stuffed animal for a child in the hospital
54. Tape the exact change of a soda to a vending machine
55. Leave chocolates on the desk of your co-workers
56. Give a thank you card or a cup of coffee to a school bus driver
57. Leave a good book in a public place with an anonymous card of inspiration inside
58. Read or tell a story to a child
59. Donate blood
60. Buy books for a daycare or school
61. Offer to return someone's shopping cart in the store/grocery store parking lot
62. Pay a teen to mow the yard of an elderly neighbor
63. Volunteer at a local shelter or soup kitchen
64. Put a note or drawing in your child's lunchbox
65. Buy a toy for a child in a store and ask the salesclerk to deliver it after you've gone
66. Buy a balloon bouquet and ask a nurse in the hospital to deliver them to children in the hospital
67. Buy shoes or clothes for a family in need
68. Send a card to someone in the military overseas
69. At the post office, leave some extra stamps at the stamp machine
70. Open the phone book, pick a name and send them something of inspiration anonymously
71. Invite someone who lives alone over for dinner
72. Drop a few coins in a area where children play so that they can easily find them
73. Donate to Goodwill, Sharing Center, Coalition for the Homeless or Habitat for Humanity
74. Leave the parking space up front for someone else
75. Do a chore that is normally your spouse's responsibility
76. Hand out free bus tickets to people at bus stops
77. Write anonymous cheerful post-its for people to find
78. Walk your friend's dog
79. Give up your seat for someone
80. Keep a gift card in your pocket to give to someone who looks like they need cheering up
81. Tip a person at a fast food restaurant
82. Take a friend to the beach
83. Bring your neighbor's trash bin to their garage for them after the trash has been collected
84. Apologize to someone you have hurt
85. Sit next to someone who is sitting alone and start a conversation with them
86. Give a college or foreign exchange student a care package
87. Help make a dream come true
88. Let someone ahead of you in traffic
89. Help a janitor or write them a thank you card
90. Send an encouraging letter to a missionary
91. Volunteer at a school or library
92. Lend someone a movie or CD
93. Take a family member on a picnic
94. Spend the afternoon with a co-worker, outside of work
95. Pick up groceries or other needed item while you are out getting things for yourself.
96. Have a teenager do some work for you and pay them way too much
97. Find a Military pen pal & send them letters & care packages. [www.penpalsforsoldiers.org](http://www.penpalsforsoldiers.org)
98. Volunteer at the next Special Olympics event in your area. [specialolympics.org](http://specialolympics.org).
99. Give a piece of fruit to a delivery person.
100. Smile at strangers