Ways to Serve & Give Back in your Everyday Life!

• Bake cookies and share with your local fire/police department
• Build a house!
• Buy lunch for someone
• Buy school supplies for youth (bring it to your local school)
• Call a senior, check-in, and ask if they help.
• Clean a park (bring your own garbage bags)
• Coach a youth sports team (YMCA)
• Collect used children’s and adult books and start a lending library for your neighbors or donate to a local classroom
• Deliver meals to those in need
• Do a virtual 5k for a good cause
• Do extra stuff around the house
• Donate blood (Blood Bank)
• Donate to a local animal shelter or adopt a dog (or cat)
• Encourage five people in the RESET Challenge (StrongLife Facebook Community)
• Fill a box of some good stuff and donate it
• Fill a box with food and take it to your local food pantry (do this with your family)
• Give a break to a parent in need (arrange a playdate with your children’s friends)
• Help people register to vote
• Help someone find a job (use your network)
• Mentor a youth (Big Brothers/Big Sisters, Boy Scout, Girl Scouts, YMCA Achievers or YMCA Reach and Rise programs)
• Offer to walk a neighbor’s dog
• Pay for someone’s coffee
• Pray for someone in need (and tell them)
• Rake a person’s yard
• Say nice things on your virtual meetings this week
• Send a gift certificate to someone who lost their job
• Shop local and support your hometown businesses
• Shovel a neighbor’s driveway
• Sponsor someone (a YMCA scholarship)
• Get involved in your community (Social Justice)
• Volunteer (Google “volunteer opportunities near me” and pick one that speaks to your passion)
• Write a friendly thank you note to your postal carrier
• Write an inspiring article and share it (LinkedIn, Facebook, blog)