

30 DAY

Random Acts of Kindness (RAOK) Challenge

30 days of giving—to yourself, to others, to the world.

Hey Soon-to-be RAOK Star!

We are so thrilled to have you joining us for our first ever 30-day challenge centered around giving to yourself, to others, and to the world.

We couldn't believe more strongly that the best way to turn a passion into a purpose is to make sure you are giving back to others. And not to mention the unstoppable ripples we will be creating by doing this as a collective community of giving RAOK Stars!

In this packet you'll find both a challenge calendar and a challenge checklist to guide you through the 30 days, and to help keep track of your efforts. Use whichever format works better for you!

And here's a bit of guidance to get the most out of the challenge. Use as you see fit, or feel free to make it your own. As long as you are out there giving, we are by your side!

1. Give without expectation of anything in return. This challenge is designed to focus on what you can put out in the world, rather than what you may get back in return. Although we have a feeling giving in this way may cause you to experience some pretty cool rewards!
2. If you want to do this alongside the LYL community and team, we will start the challenge on Thursday, November 24 and end on Friday, December 23, but feel free to make it your own.
3. We will be sharing our experiences on our social channels and we encourage you to join in the fun by using the hashtag #liveyourlegend and/or #raokstar.
4. Get some accountability and find a buddy to complete the challenge with you. Send them [here](#) to sign up and be sure to check in with each other each day (via a quick text or whatever method works for you).
5. Sometimes our days get busy and we totally get that. Setting a reminder alarm to go off at the same time everyday for the next 30 days is a great way to keep your giving top of mind.
6. Record your experiences. We are big advocates of journaling because it allows you to fully experience life (and reflect and grow from those experiences) instead of simply letting life pass you by. This is why we believe that [starting a blog](#) is one of the most important steps in living your legend, even if you only write for you (which by the way you can have [up and running in under 10 minutes!](#)).
7. We're stating the obvious here but—have fun!!!

Thanks again for joining us. We greatly look forward to giving alongside you.

—Chelsea and the Live Your Legend Team

**LIVE
YOUR LEGEND**
Change the world by doing work you love.

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1 Tell one person how you appreciate them.	2 Get rid of 5 things you no longer need.	3 Say Hello to a stranger with a BIG smile.	4 Open the door for someone.	5 Do any anonymous act of kindness.	6 Share your gift or talent with someone.	7 Send a text to someone you appreciate.	
8 Say yes to something you would normally say no to.	9 Call someone you haven't talked to in a while.	10 Take on a task that your significant other usually does.	11 Thank that one person who inspired you most recently.	12 Pay someone a compliment (be sincere!).	13 Spend a few minutes in favorite surroundings, distraction free, and soak it in!	14 Think of life's luxuries you're privileged to enjoy and appreciate them.	
15 Send a hand-written thank you note to someone you admire.	16 Identify something you have that others may not. Savor it!	17 Give a small gift to a neighbor. Helping them out counts.	18 Say thank you five times.	19 Send a note to someone you know is going through a challenging time.	20 Meditate for ten minutes.	21 Clean out your junk drawer or medicine cabinet.	
22 Give someone a high five.	23 Let someone go ahead of you in line - just because.	24 Give the clothing you haven't used in a year to someone who can use them.	25 Give someone a hug - count to ten and squeeze tight while doing so.	26 Schedule some self-love - maybe a message, a few minutes to yourself.	27 Set a timer for seven minutes and write down everything you're thankful for.	28 Focus on actively listening to someone.	
29 Make something for someone. Just create then share.	30 Give back to the Giving Challenge. Share your experiences and suggestions here.	Congrats for completing the Challenge! You are a RAOK Star!				LIVE YOUR LEGEND <i>Change the world by doing work you love.</i>	

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Random Acts of Kindness Challenge Checklist

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- 1. Who are you grateful for? Your mother, father, children, spouse, extended family, friends, loved ones, co-workers, pets. Take a few minutes to write it down and then pick one person and tell them why you appreciate them.
- 2. Get rid of 5 things you no longer need/want and give them to a local charity.
- 3. Say hello to a stranger with a BIG smile. :)
- 4. Open the door for someone.
- 5. Do an anonymous act of kindness: fill a parking meter, pay for the person's coffee behind you, etc.
- 6. Think of one gift or talent you have (creating logos/graphics/animations, cooking, creating workout routines, etc.) and share that strength with someone today.
- 7. Send a text to someone you appreciate. Let them know you are thinking of them. Better yet, tell them specifically what it is you appreciate about them.
- 8. Say yes to life! Say yes to something today you would normally say no to; e.g., someone asking for a donation, someone who offers their help (May I help you? YES!), etc.
- 9. Call someone you haven't talked to in a while.
- 10. Take on a task that your spouse/significant other/roommate/other family member usually does.
- 11. What is one thing that has inspired you lately? Send an email to the person you either heard about it from or the person who created it—and thank them for their work.
- 12. Pay someone a compliment. (Be sincere!)
- 13. What around you are you grateful for? Physical surroundings (such as a house, car, city or state), external surroundings (such birds chirping, sun shining, rain falling), or emotional surroundings (such as the love you feel for or from someone). Go spend a few minutes there, distraction free, and soak it in!
- 14. Think of a “simple daily luxury” that you get the privilege of enjoying. What did not exist 10, 20, 50 years ago that is a regular part of your daily life now? Healthy, easily accessible food; the TV; the iPhone; being able to fly almost anywhere in the world; air conditioning, etc. Take a few minutes to write it down and appreciate it!
- 15. Send a handwritten thank-you note to someone you admire.

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- 16. What do you feel lucky to have that some others may not? Food, water, warmth, family, friends, health. Take time today to savor this!
- 17. Give a small gift to a neighbor. Whether something you made or simply helping them out (dropping their newspaper at their door).
- 18. Say thank you 5 times today!
- 19. Think of someone you know who is going through a challenging time. Send them a note—or better yet, send them [this video](#).
- 20. Meditate for 10 minutes.
- 21. Clean out your junk drawer or medicine cabinet.
- 22. Give someone a high five today. (Hint: it doesn't have to be a child!)
- 23. Let someone go ahead of you in line—just because!
- 24. Get rid of any clothing items you have not worn in 1 year. Be sure to give them to someone who could use them!
- 25. Give someone a hug—count to 10 and squeeze tight while doing so!
- 26. Schedule some self-love—maybe a massage, a few minutes to yourself, etc.
- 27. Set a timer for 7 minutes and write down everything you can think of that you are grateful for. Use these [25 questions](#) if you need a little help.
- 28. Focus on actively listening to someone today—tips for active listening can be found [here](#).
- 29. Make something for someone—this can be something edible, a playlist, an art piece, anything! Just create and then share.
- 30. Give back to the RAOK Challenge. Take a few minutes to [complete this survey](#): share with us what you gained by giving, and let us know how we can make it better in the future!