26 LIFE-GIVING THINGS YOU CAN DO FOR OTHERS

1. Thank them for their work. Everyone wants to know that what they are doing is important.
2. Don't be on the phone when going through the drive-thru, a checkout lane or when coming home. Give everyone the attention they deserve.
3. Ask how their day is going. Listen to their response and ask a follow up question.
4. Tell them one specific thing you appreciate about them.
5. Share a positive quote that has encouraged you and explain why you are sharing it with them.
6. After meeting someone, send a hand-written note saying it was a privilege getting acquainted.
7. Commit to personal and spiritual growth. Workout, read, rest, pray and spend time in the scripture daily. Attend church weekly. A better you is better for everyone.
8. Be vocal about positive things. Complain less. Both are contagious but positivity feeds the spirit while negativity depletes it.
9. Set the "emotional thermostat" where you are. Don't underestimate the impact of being joyful, smiling genuinely, giving high fives, etc.
10. Be authentic. Being authentic leads to approachability.
11. When you feel encouraged by someone else, make sure you let them know.
12. Invite people to join you in volunteer opportunities.
13. Listen more. Talk less.

RESGEN

26 LIFE-GIVING THINGS YOU CAN DO FOR OTHERS

14. Leave positive post-it notes on people's desks or computer at work. Put them on bathroom mirrors, the refrigerator and in school backpacks at home.
15. Invite them to join you in church or at faith-focused events. Offer to pick them up.
16. Shut your laptop, silence your phone and come around from behind your desk. Show others they are of value and worth your time.
17. Lift up people in jobs such as a cashier or janitor that are so often overlooked.
18. Find ways to tactfully challenge and encourage them to be better. Ask how you can help them be accountable in areas of life they would like to grow.
19. Offer help before being asked.
20. Ask what is good about their day/week to spur them toward thinking positively and with a "glass half full attitude."
21. Perform random acts of kindness–buy a coffee or pay a stranger's bill. It is a blessing for you to give without recognition and for them to receive the anonymous gift.
22. Promote others and their accomplishments more than your own. Celebrate their success.
23. Give them more responsibility and then trust them.
24. Both ask for and offer forgiveness early and often.
25. Call them by their first name. A person's name is music to their ears.
26. Seek prayer requests and remember to pray for them. Pray for them on the spot when possible. Follow up with them.