

Hug/call your mom or dad to say you love them.

SPUR holiday cheer

Tell your siblings how much you appreciate them.

SPUR holiday cheer

Treat the person behind you in line at the coffee shop.

SPUR holiday cheer

Make cookies for a friend.

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Email a teacher or boss who made a difference in your life.

SPUR holiday cheer

Pick up a piece of litter and throw it away.

SPUR holiday cheer

Let someone into your lane. They're likely in a rush just like you.

SPUR holiday cheer

Make s'mores in the oven or microwave.

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Do the dishes even if it's not your turn.

SPUR holiday cheer

Hold a door open for someone.

SPUR holiday cheer

Bring your spouse/partner coffee in bed tomorrow.

SPUR holiday cheer

Remember to say please and thank you.

SPUR holiday cheer

Tweet or Facebook a genuine compliment to three people today.

SPUR holiday cheer

Clean out your closet and donate some of your clothes.

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Tape a quarter/\$1 to a parking meter or vending machine.

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Compliment someone to their boss.

SPUR holiday cheer

Leave a server the biggest tip you can afford.

SPUR holiday cheer

Before bedtime, think of three things you are thankful for.

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Be the person who puts a tip in the tip jar at the coffeeshop.

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Smile when you feel like scowling.

SPUR holiday cheer

Say yes when the cashier asks if you want to donate \$1.

SPUR holiday cheer

Sign up with SPUR to cook a meal for Lifebridge this winter.

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Smile at a stranger.

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Cook dinner for a friend or neighbor.

SPUR holiday cheer

Donate a few of the books you don't read often.

SPUR holiday cheer

Put your phone away for 24 hours of family time.

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Do a chore for someone in your family.

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Call your grandparents or aunt/uncle to say "hi".

SPUR holiday cheer

Text a friend to say good morning or good night.

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Have a family game night.

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Help a neighbor – shovel, carry bags, bring in the mail.

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