

#BEKIND21

BROUGHT TO YOU BY:
the Montrose Center

- 1 Take the #BeKind21 Pledge & commit to 21 acts of kindness in September!

- 2 Journal out a list of things you love about yourself.

- 3 Share a meal with a loved one at home or via video call.

- 4 Join our [Housing Our Future Campaign](#) to get LGBTQ homeless youth into housing!

- 5 Send 10 kind notes to loved ones. Bonus points for mailing them!

- 6 Order curbside & leave a shining review for a local spot you love.

- 7 Register to vote at rockthevote.org.

- 8 [Complete the 2020 Census](#) & help your community get funding for social services.

- 9 Go to your favorite park & pick up litter. Don't forget your mask!

- 10 Call a loved one & remind them that you love them.

- 11 Send supplies for LGBTQ Houston through our [COVID-19 Wish List](#).

- 12 Comment with a compliment on 3 friends' selfies.

- 13 Share a local artist's work online & invite people to support their art.

- 14 Send a thank you to your coworkers &/or classmates for their support.

- 15 Tidy your sleep space for a refreshing night's sleep.

- 16 Write positive messages on stickie notes & post around your home.

- 17 Leave a bundle of hand sanitizer & refreshments for your USPS mailperson.

- 18 Sign online petitions for causes you care about.

- 19 Send a message or comment to your celebrity hero telling them you admire them!

- 20 Learn about supporting others' mental health at bethere.org.

- 21 Treat yourself to something you've been wanting.
