

## 25 Ways to Make a Difference in 5 Minutes or Less

**Some days I wonder if I matter.** Our world is so big and so broken that I can't see how my miniscule efforts make a difference.

Do you feel that way too?

Then let me tell you some good news. Our words and actions can make a difference, whether we see it or not.

**You and I can impact our world. Today. Tomorrow. Every day.**

Even if we only have five minutes to spare.

### 25 quick and easy ideas to make a positive difference in someone's life today.

#### YOUR WORDS MATTER

1. Give a coworker a sincere compliment.
2. Tell a parent what you appreciate about their child.
3. Send a few words of encouragement to someone who influences others, such as a pastor, teacher, or coach.
4. If you've received great service, thank the person AND let the person's manager know.
5. Tell someone they matter to you. Call, text, write a note, knock on their door.
6. Say thank you. To family members, coworkers, and the stranger who holds the door. Your gratitude affirms that their actions matter.
7. Recommend a local business to your friends.
8. Leave a positive comment on someone's blog, website or social media.

#### YOUR ACTIONS MATTER

9. Post a positive review on Amazon, Trip Advisor, Yelp, or similar sites. Two or three sentences are all that's needed.
10. Give people your undivided attention. Set aside your phone, put your agenda on hold, and listen with both eyes and both ears.
11. Take a photo of something uplifting/beautiful/heartwarming and post it on social media.
12. Pick up stray trash you see along your path. (In the street, the lunchroom, the living room, etc.)
13. Do something eco-friendly. (Recycle a can, utilize a reusable grocery bag, etc. ).
14. Stop in a local shop you've never visited before, just to see what's there.

## YOUR MONEY AND POSSESSIONS MATTER

15. Purchase something from a small local business.
16. Use your dollars to support ethical companies by making a purchase from a fair trade organization or from a certified [B Corp](#).
17. Spend five minutes going through a cabinet or closet. Collect items you can donate to a battered women's shelter, homeless shelter, thrift shop, or other ministry.
18. Select a favorite book, recipe, plant, movie, etc. and give it away to someone you know will enjoy it.
19. Sign up for [Amazon smile](#). Designate any 501(c)(3) non-profit and every time you remember to click through from Smile, your non-profit receives a donation. (A teensy amount, but every little bit helps.)

## YOUR MINDSET MATTERS

20. Be generous. With smiles, compliments, expertise, loose change ...
21. Choose not to gossip. Or to encourage it.
22. Be extra kind to anyone who seems to be having a bad day. (Instead of growling at them for being a jerk.)
23. Accept help gracefully and gratefully. Don't insult others by rejecting their kindness to you.
24. Before dealing with a difficult person, take five minutes to regain calm and prepare mentally and emotionally.
25. Be a positive voice in social media. Inspire, encourage, and motivate rather than complain, rant, or snark.

## And if you have more than five minutes...

1. Take a bag of groceries to a local food bank.
2. Donate blood,
3. Show up. Attend community meetings, library events, concerts, classes. The smaller the crowd, the more your presence matters.
4. Come along side someone. Be an exercise buddy, a mentor, a second pair of hands....
5. Share your story with someone. Your account of challenges overcome or dreams attained can inspire someone else to carry on.