

The logo for 'The LOVE YOUR NEIGHBOR PROJECT' is centered on a light beige background. The word 'LOVE' is in a large, bold, blue serif font, with a red heart shape replacing the letter 'O'. To the right of 'LOVE', the words 'YOUR NEIGHBOR' are in a smaller, bold, blue serif font. Below 'YOUR NEIGHBOR', the word 'PROJECT' is written in a smaller, blue, all-caps sans-serif font. The word 'The' is positioned above 'YOUR NEIGHBOR' in a small, blue, all-caps sans-serif font.

The  
**LOVE YOUR NEIGHBOR**  
PROJECT

1. Pay for someone's coffee/sandwich/ice cream

Alternative challenge: Not out and about today? Send someone a pick me up by email!  
<https://www.starbucks.com/shop/card/egift>

2. Buy a homeless person a meal or give them a gift card for a restaurant

Alternative Challenge: The Metropolitan Homelessness Commission has a list of local organizations who provide services to the homeless. Contact one of them and arrange a time to volunteer. <http://howsnashville.org/about-2/>

3. Send a handwritten note of encouragement or appreciation.

4. Leave your waiter an extra large tip.

Alternative challenge: Remember when we talked about showing appreciation on Day Day 3? Here's your chance to spread that joy further.

Who is someone in your community that serves without recognition? Store clerks? Cleaning ladies? Repair men? Take a moment to thank one of them for all they do.

5. Clean up trash along your street.

Alternative challenge: Skip a coffee and donate to your favorite local charity

6. Tell an immigrant or other newcomer to your community (new coworker, fellow student, etc.) you're glad they're here.

Alternative challenges: Sign up to be a "first friend" to a new immigrant family or international student. Make dinner plans with someone you've lost touch with or want to get to know better. Do something to make a family member/roommate's life easier.

7. Take a meal to a friend who's sick or struggling

Alternative Challenge: Call/text a sick or struggling friend. Let them know you're thinking about and care for them. Send them a pizza or other takeout.

8. Do something nice for someone in your neighborhood. Bake them cookies. Offer to mow their lawn, water their garden, or take out their trash.

Alternative Challenge: The possibilities are endless with this one. Who in your neighborhood could use some extra love today?

9. Plant seeds of kindness! Give someone a tomato plant or flower.

Alternative challenge: Teach someone something new!

10. Make the last day of this challenge extra sweet. Hand out small candy bars to strangers. Include an encouraging or inspirational note.