**How many of these empowering acts have you done in your lives so far……**

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| Empowering Acts in everyday life | Tick if done | Tick if would do in the future |
| 1. **Give out compliments that you mean.**  2. **Speak and act with honesty.**  3. **Listen to others.**  4. **Help illustrate your points with visual aids.**  5. **Teach a class.**  6. **Get involved in community art projects.**  7. **Mentor a child or student.**  8. **Volunteer with local organizations.**  9. **Lead a group on a travel expedition.**  10. **Donate money to charity**  11. **Help the spread of community health clinics.**  12. **Take the time to talk to strangers.**  13. **Start a non-profit.**  14. **Travel abroad and make new friends.**  15. **Reach out to friends and relatives at a distance.**  16. **Be aware of body language.**  17. **Be sincere**.  18. **Nurture talent in others.**  19. **Go out and support local musicians**  20. **Give thoughtful gifts**.  21. **Join a community farm or grocery coop.**  22. **Volunteer in schools.**  23. **Stay in touch with local politics.**  24. **Throw dinner parties with a mixed range of guests.**  25. **Smile more often.**  26. **Use public transportation.**  27. **Organize recycling projects.**  28. **Run a benefit event**  29. **Project positivity and eliminate negative thoughts.**  30. **Join a book group or club.**  31. **Start or join a language exchange program.**  32. **Lead team-building exercises at work.**  33. **Encourage social activities.**  34. **Initiate physical contact.**  35. **Tell your loved ones how you feel about them.**  36. **Make sure the atmosphere at work is a democratic one.**  37. **Nod your head when someone is making a point.**  38. **Help foster creativity.**  39. **Run meetings with an open, discussion oriented atmosphere.**  40. **Have suggestions ready for those who need advice.**  41. **Take walks to new areas of town**.  42. **Spend time planting trees in the community.**  43. **Set up a food or blanket drive.**  44. **Learn inspiring quotes that can be doled out.**  45. **Learn new listening techniques.**  46. **Study psychology.**  47. **Give a helping hand.**  48. **Give encouragement instead of criticism.**  49. **Take time for yourself to help others.**  50. **Learn**[**intervention techniques**](http://www2.potsdam.edu/hansondj/youthissues/1046349559.html)**.** |  |  |