**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)**.**  |  |  |