



Enjoy six months of improved happiness on us!

Use one card a week, then give the card away so someone else can pass it on and experience the happiness you have discovered!

Please enjoy this random act of kindness. Now it's time to pass it on!

Let's see how far these cards travel.

Please email your location and story or photo about your random act of kindness to: **wellness@lrhc.org**
or find us on Facebook at: **LiveWell Fergus Falls**

THRIVE



**The next time you
tip someone, be
overly generous.**

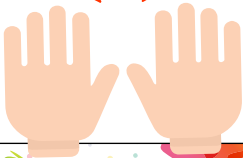
THRIVE



**Stop at a child's
lemonade stand,
purchase a glass...
leave a tip.**



THRIVE



**Relay an
overheard
compliment.**

The word "THRIVE" is written in a large, black, sans-serif font. The letter "I" is replaced by a stylized human figure with arms raised, colored in a rainbow gradient (red, orange, yellow, green, blue, purple).

THRIVE



Do something special that you know your significant other will appreciate.

THRIVE



**Leave someone
a random note of
happiness.**

THRIVE



**Thank those
who feed you.**

Send a note back to
the cook!



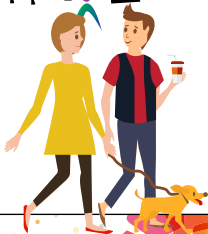
THRIVE



**Write a love note
and hide it in a
magazine your
partner is reading,
or somewhere else they
will find it.**



THRIVE



**Thinking of
sending an email?**

Why not see them
face to face?

The word "THRIVE" is written in a bold, black, sans-serif font. The letter "I" is replaced by a stylized human figure with arms raised, colored in a gradient of purple, blue, green, and yellow. The entire graphic is set against a white background within a black-bordered box.

THRIVE



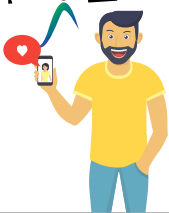
**Write a letter
to a person from
your past that has
impacted your life.**

THRIVE



**Hug somebody
like you mean it.**

THRIVE



**Call someone
you love.**

Tell them you love them.

THRIVE



**Allow someone
to help you.**

Let them enjoy performing
an act of kindness.

THRIVE



**Thank a veteran
for his or her service.**



THRIVE



**Offer to walk
someone's cart
back to the cart
return.**

THRIVE



**Leave coins
in the pop or
candy machine.**



THRIVE



**Write inspiring
chalk messages
on the sidewalk.**



THRIVE



THRIVE

The image features a vibrant, multi-colored border at the top and bottom, composed of abstract shapes resembling leaves and small dots in shades of red, orange, yellow, green, blue, and purple. The central area is a large white rectangle with a thin black border. Inside this rectangle, the word "THRIVE" is written in a stylized, black, sans-serif font. The letter "I" is replaced by a colorful graphic of a person with arms raised, rendered in a gradient of colors from purple to green.

THRIVE



THRIVE



THRIVE



THRIVE



THRIVE