

# Trust First

BY BRUCE DEEL

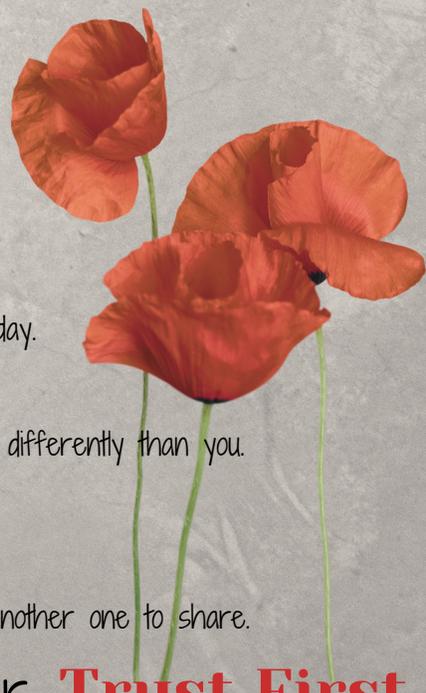
Enter to win a \$50 gift card of your choice, just by being thoughtful and kind!

**How?** On this page, there are numerous examples of being thoughtful and kind. **Complete 8 of the activities** listed below and initial which ones you have done. Write in your contact information and return this completed sheet to the library by Wednesday, 8/25/2021. You can turn this in at either the lending desk, customer service desk, or drive through window for a chance to win! The 5 winners will be notified by 8/31/2021. Contact 336.883.3638 or [nancy.metzner@highpointnc.gov](mailto:nancy.metzner@highpointnc.gov) with any questions.

Gift cards supplied by the Friends of the Library.

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_  
**Email** \_\_\_\_\_

- \_\_\_\_\_ Send a positive and encouraging text message to two people.
- \_\_\_\_\_ Show kindness for a co-worker. Take a snack, pay a compliment, inquire about their family or pet, etc.
- \_\_\_\_\_ Give a bottle of water to someone who is outside on a hot day.
- \_\_\_\_\_ Learn to say hello in the three most common languages, other than English, in High Point.  
(Spanish, Urdu, and Burmese/Myanmar)
- \_\_\_\_\_ Try to make everyone in a group feel included in the conversation
- \_\_\_\_\_ Give away something for free on Facebook or Craigslist.
- \_\_\_\_\_ Return a shopping cart for someone in a store parking lot.
- \_\_\_\_\_ Greet people by name. Give special attention to people who might not normally be acknowledged or noticed.
- \_\_\_\_\_ Put your phone away while in the company of others and give them focused, face to face attention.
- \_\_\_\_\_ Email or write to someone who made a difference in your life.
- \_\_\_\_\_ Praise someone you think may not get enough encouragement.
- \_\_\_\_\_ Let someone go in front of you in line - even if they do have a full basket!
- \_\_\_\_\_ Make an extra serving for dinner and share with a neighbor who lives alone.
- \_\_\_\_\_ Take the time to tell a manager about wonderful service or assistance from an employee.
- \_\_\_\_\_ Forgive even when no apology was offered.
- \_\_\_\_\_ Offer to walk someone's dog.
- \_\_\_\_\_ Leave positive comments for people on social media.
- \_\_\_\_\_ Reach out to a new person and help them feel more comfortable.
- \_\_\_\_\_ Compliment people on the positive behavior of their children.
- \_\_\_\_\_ Keep a spare umbrella in your car and share with someone who needs it on a rainy day.
- \_\_\_\_\_ Leave an uplifting note in a library book.
- \_\_\_\_\_ Offer the benefit of the doubt and have empathy for people if they handle a situation differently than you.
- \_\_\_\_\_ Ask someone how they are doing and then really listen.
- \_\_\_\_\_ Leave a positive online review for a local business
- \_\_\_\_\_ Prepare an extra lunch for work or for your child at school - one for yourself and another one to share.
- \_\_\_\_\_ Bring in your neighbor's trash bin.



and remember, **Trust First**