



## One Good Deed

### Description

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One good deed is a simple act of kindness that doesn't have to cost a thing, but it can make a tremendous impact on someone. I get easily distracted, but when I'm really paying attention I often notice the effects that one good deed can have on a person. Be sure to read to the end of this post for a giveaway and a great story!

This past Veteran's Day I was walking out of my local Hen House when I saw a man smile so big it brought tears to my eyes. A gentleman was handing out coupons to veterans for a free slice of Toppin's pie. An older gentleman who looked a little rough around the edges gleefully took the coupon. His toothless smile was so huge you would have thought it was a \$100 bill. On a side note, I have to admit that Toppin's pies make me smile as well. You might be wondering if this man was homeless, but the store is an area where you don't see homeless people milling about. It was a simple act of giving which honored the men and women who have served our country.

I can name countless things I've seen people do. Sometimes those things cost money, but many times they don't. One of my favorite stories I've shared is the [\\$10 Smile](#). My friend Jessica at [PNP Flowers Inc.](#) shared the book [One Good Deed A Day](#) in her book club awhile back. I purchased the book and it's been collecting dust for several months. I thought this month of giving would be a great time to dust it off and put it to use. You can find also find it listed in my new [shop](#).

[One Good Deed a Day](#) offers 365 small acts of compassion which can have a great impact on someone and yourself. The journal has a few lines for you to make notes. The nice thing is you can start anywhere in this journal. Flip through the pages and see what speaks to you that day.

### A few suggestions from One Good Deed A Day

- Send a handwritten thank-you note.
- Tell a friend she's beautiful. (My friend Pam does this one all time and I sure miss having her as my neighbor.)
- Forgive someone.
- Compliment a complete stranger.
- Make up your own family holiday to celebrate. (My friend Christine does this.)
- Pay for a stranger's meal.
- Accept that good is good enough! (Love this one)

In this season of giving, I hope this inspires you to practice one good deed a day even if it's just a SMILE. **As a way to thank you for sharing your good deed I'm going to give away four \$25 gift cards to Target (my happy place).** I will randomly draw four names from those people who leave me a comment on my blog and share their good deed. Comments will be open until December 17 and I will notify the winners by email.



My husband shared [this story](#) with me a few weeks ago and this image is one of those good deeds that makes me SMILE. The woman in red at the subway station noticed the young man in the photo having trouble tying his tie and asked her husband to help him. Evidently this photo has gone viral and shows that there is still good in this world.

**Date Created**

2015/12/03

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