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NOTRE DAME
COLLEGE

1

Effort to Live the Good News



Write or draw a list of 10 things
you are grateful for.



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2

Effort to Live the Good News



Sit next to someone you don't normally sit with at lunch and/or dinner.



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Effort to Live the Good News



Treat someone to a coffee or beverage in the Falcon Café or leave some change for SND Kenya/Uganda Mission Schools.



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Effort to Live the Good News



Let people go ahead of you
all day.



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Effort to Live the Good News



Offer to carry someone else's
workout bag or backpack.



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Effort to Live the Good News



Be careful in your use of water all day remembering those in the world with water shortages. (global responsibility)



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Effort to Live the Good News



Leave an encouraging note
for someone or send an encouraging
text to someone.



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Effort to Live the Good News



Clear up after someone
else's lunch/dinner at your table.



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Write a thank you note to the dining hall or residence life staff.



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Effort to Live the Good News



Walk to school or
park your car further away to save
energy and be kind to the environment
(global responsibility).



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Ask a faculty member, parent or another adult about their day on your way home or after you've had lunch or dinner today.



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Effort to Live the Good News



Find out the names of three people
(students or faculty/staff) you
haven't met before at Notre Dame
College.



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Effort to Live the Good News



Litter pick up around the college
or in the parking lot.



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Leave someone (coach, friend, faculty, staff) a surprise note or picture before you leave for class or workout just to cheer up their day.



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Effort to Live the Good News



Try to chat to someone you haven't spoken to in a while.



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Bring in a donation for the college
pantry from your cupboard or
contribute to SND Kenya/Uganda
Mission School.



Say thank you to a faculty member
for being an awesome professor.



Congratulate others when
they do well at practice, moot court,
or ????? 😊.



Help return lost property
to the rightful owner.



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Effort to Live the Good News



Leave the classroom/dining hall
table as tidy and clean as you can.



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Prepare an NDC introduction pack in case anyone new starts during the year or returns to class after an illness. (Leave with Campus Ministry or Student Engagement)



Give somebody a nice
compliment.



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Effort to Live the Good News



Be the first to say sorry.



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Try to find out about what life is like for 18 – 22 year olds in a poorer country. Be mindful of saving water as you shower. (global awareness)



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Effort to Live the Good News



Be brave by trying something
you find hard.



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Effort to Live the Good News



Hold the door open
for someone.



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Say a nice thing about someone
to somebody else.



Save energy by turning off the lights
when you leave a room. (global
awareness)



Follow instructions
without complaining.



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Effort to Live the Good News



Say thank you to someone
in your class.



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Don't interrupt;
listen carefully instead.



Invite somebody new to join in
a game, a workout, or your dinner
table.



Try to avoid using any plastic that
you throw in the bin, like straws.
(global awareness)



Chat with someone on campus from
a different major or different team.



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Effort to Live the Good News



Find out how your team or friends could help a local charity or join in a Campus Ministry Service Project.



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Effort to Live the Good News



Find out something new
about somebody.



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Effort to Live the Good News



Give someone a nice surprise.



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Talk to a friend or family member
about their how living kindness is
working for you.



Ask how you can help out
your coach, a faculty member, a
friend.



Take time to talk to someone about your values and how your values are getting stronger as you persevere toward your degree.

