



# SPREAD *Goodness* DAY

EST 2017

## FRIDAY, MARCH 13<sup>TH</sup>, 2026

Spread Goodness Day happens every year on the 2nd Friday of March—a day dedicated to sparking kindness all around the world! So grab your yellow outfit, throw on some shades, and go spread a little sunshine. Whether it's volunteering, buying someone a coffee, surprising a friend with flowers, or handing out candy, every act of goodness makes a difference.

Kindness isn't just good for the soul—it's good for your health too! It boosts oxytocin (hello, lower stress & blood pressure), serotonin (great for healing), and endorphins (bye-bye pain). Best of all, kindness creates ripple effects of joy, love, and connection that spread far beyond the moment. *Let's celebrate Spread Goodness Day by sharing positivity and making the world brighter together!*



**ANNA DRAVLAND, FOUNDER**  
Discover Anna's story & learn more about Spread Goodness Day: [spreadgoodnessday.com](http://spreadgoodnessday.com)

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*Making the future so bright you're gonna need shades!*

