

# 50 Ways to Love Your Neighbor



**Happiness science tells us  
that relationships are key to  
happiness.**



**You can be happier,  
and you can make other people  
happier with  
50 ways to Love Your Neighbor**



**Say hello!**



**Collect emails too, and share those. Start a thread of conversation with your neighbors.**



**When your neighbor walks  
by, look them in the eye  
and ask how they are  
doing.**



**Trade telephone numbers.**



**Next time you have a party,  
invite your neighbor.**





**Invite your neighbor to  
coffee.**



**Take a walk in your neighborhood.**



**Greet your neighbor when  
you see them with “hello  
neighbor!”**



**If your neighbor has  
children, compliment them  
on their children.**



**If your neighbor has pets,  
compliment them on their  
pets.**



# Coordinate a neighborhood potluck.



**At the neighborhood  
potluck, gather emails to  
share with each other for  
emergencies.**



# Coordinate a neighborhood BBQ.





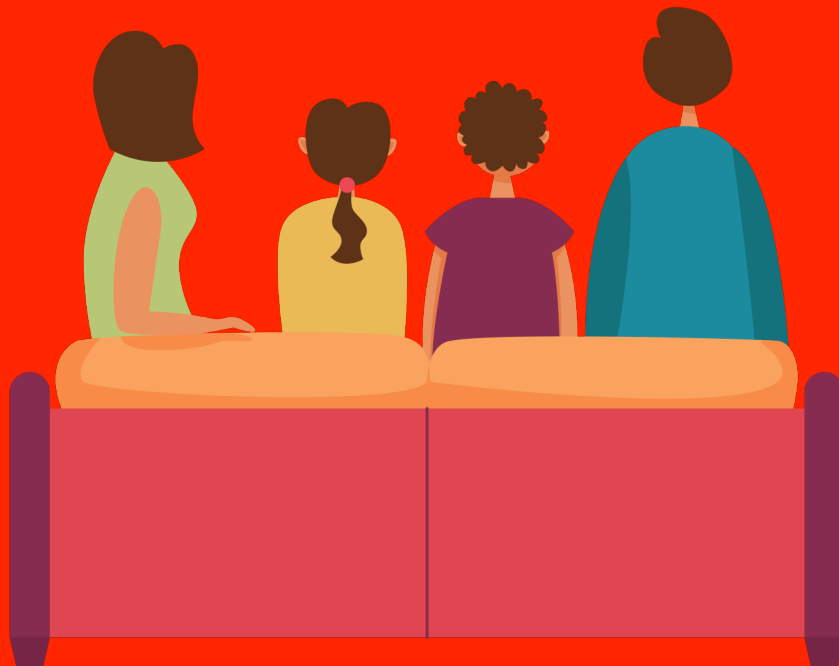
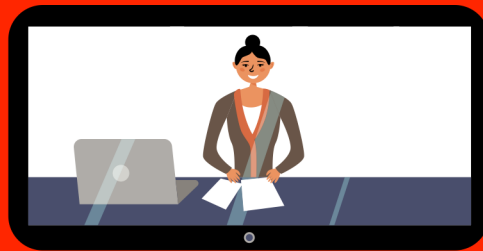
**Go door to door and collect phone numbers and share the numbers on a printout.**



Invite your neighbor to a meal.



**Have a movie night or watch  
a game together.**



**Start a book club with one or two of your neighbors. Invite others if it feels right.**



**If you have children, invite  
your neighbor to a  
birthday party.**



**If you and a neighbor work at home, offer to go to a café with them to work.**



**Offer to work together at home, starting with one day to see how it goes.**



**Ask for a cup of sugar,  
then bring them a cookie  
or piece of cake (do this  
one if you like to bake).**





**If your neighbor talks to you,  
stop and listen.**



**Invite a neighbor who likes the same TV show for a TV show binge night (or day) when the next season comes out.**



**If you and your neighbor  
bike, offer to get together  
for a bike tune up day.**



**If your neighbor has  
children (young or adults)  
offer to be a mentor.**





**Buy yourself some flowers  
next time you go grocery  
shopping and give your  
neighbor half the bouquet.**



**Bake your neighbors some  
cookies.**



**Offer to babysit for a neighbor with children while they do household chores.**

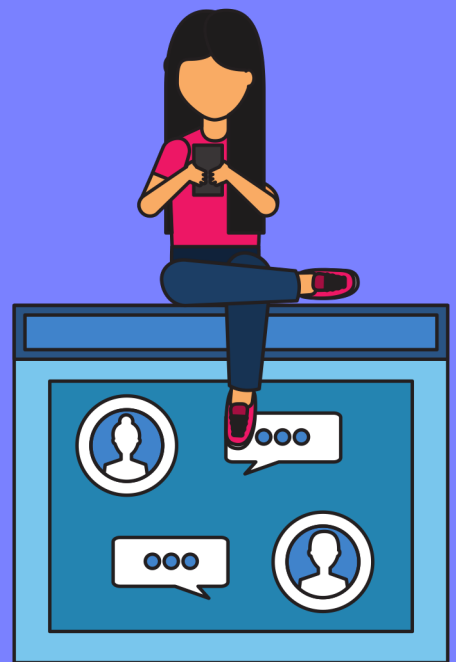


**Take a yoga class together.  
Or another kind of class!**





# Share Internet.



**Offer to take your  
neighbor's dog for a walk.**



**Offer to let your neighbor  
take your dog for a walk.**



**If you and your neighbor  
have dogs, offer to go for a  
walk together.**



**Plant a garden (inside or outside).**



**Share your garden  
produce.**



**Send your neighbor a letter inviting them to coffee or tea, with your telephone or email so they can respond.**



**Join your neighborhood  
Nextdoor.com and respond  
to your (actual) nextdoor  
neighbor's posts, then  
strike up a conversation  
next time you see them.**





**Ask your neighbor to keep  
their eye on your place  
when you go on a trip.**



**When you neighbor  
watches your place, bring  
them a little gift when you  
get home (like a  
chocolate bar or box of  
cookies from the place  
you visited).**



**Ask for a small favor and  
then return a small favor.**



**If you and your neighbor  
have children, schedule a  
playdate.**



**If your neighbor's children are older than yours, offer to hire them to babysit (while you are home doing chores the first time they babysit).**



**If your child is older and your neighbor has little ones, offer to chaperone while your child babysits.**



**Build a little free library.**



**Offer to let your neighbors  
put their books in it, and  
take what they want.**





# Coordinate a neighborhood garage sale day.



**Coordinate a clothes and household items swap day.**



**At the holidays, send your neighbors happy holiday cards.**



**Invite your neighbor over  
for a cup of good cheer and  
some holiday cookies  
during holiday times.**



**Greeting your neighbors  
each time you see them  
goes a long way.**





50 Ways to Love Your Neighbor is a tool from the How to Be Happy toolkit  
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