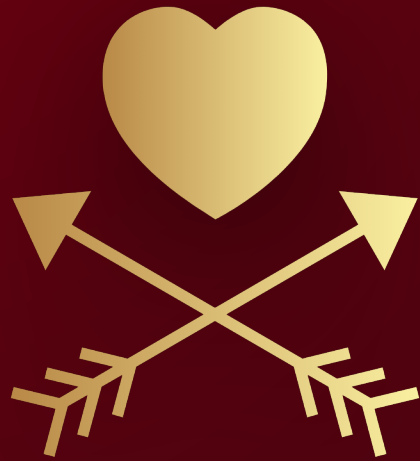




143

WAYS TO LOVE ON SOMEBODY

THE COMPLETE ARSENAL



143ARMY.COM

READ THIS FIRST.



1:43 HITS



PICK ONE



DO IT



TELL SOMEBODY

143 means "I love you." Pager code. Old school. Still true.

Inside are 143 named missions. None of them cost more than time, attention, or a little money. Every one of them blesses somebody. That's the whole test: if it costs you something and blesses them, it's love.

You don't need all 143. You need **one a day**. Every day at 1:43, stop and pick one. Small and specific beats grand and vague.

No perfection required. No religion needed. Just love. One soul. One moment. Daily.



QUICK WINS

1 TO 2 MINUTES. NO EXCUSES FIT IN TWO MINUTES.

43 MISSIONS



No. 001

THE NAME THAT GOT AWAY

Someone's name just crossed your mind. That's the one. Reach out today.



No. 012

THE DOOR HOLDER

Three seconds nobody expects. It's not just polite. It's love in action.



No. 002

THE 14-SECOND CHECK IN

One voice note. Fourteen seconds. "Thinking of you. You good?"



No. 014

THE 1430 HOUR OF HONOR

At 1430 hours, thank someone who serves in the military. Honor the human. Grieve the war.



No. 003

THE 5-WORD BLESSING

At 1:43, send someone a 5-word sentence that tells them what they mean to you.



No. 016

THE "YOU FIRST"

Let someone go ahead of you in line. A tiny delay for you. A breath of relief for them.



No. 004

THE 1:43 TEXT YOU WISH SOMEONE HAD SENT YOU

Write the text you wish somebody had sent you. Now send it to somebody who needs it.



No. 017

THE SEAT GIVER

Find someone standing who needs a break more than you. Give them your seat. Simple as that.



No. 006

THE 1:43 EXTRA MILE

Set your alarm for 1:43 AM. Send your best friend a meme and a note. Devotion is funny like that.



No. 023

THE TWO-MINUTE REPLY

That text you keep meaning to answer. Answer it now.



No. 011

THE "SHIFT THEIR WHOLE SHIFT"

Take five seconds and make a service worker's whole day.



No. 024

THE GOOD MORNING MISSILE

Tomorrow, text someone good morning before you check anything else. Be their first notification.



No. 025

THE SPECIFIC COMPLIMENT

Not "you're great." Name the exact thing. Specific beats nice every time.



No. 032

THE 143 CODE

Text somebody "143" with no explanation. Let them ask.



No. 026

THE OLD PHOTO DROP

Send an old photo to the person in it. Say "this was a good day."



No. 033

THE POCKET NOTE

A sticky note that says 143. Lunchbox, mirror, windshield. Anywhere they'll find it.



No. 027

THE VOICE NOTE

Skip the text. Let them hear your voice.



No. 034

THE FIRST CLAP

Someone shares good news today. Be the loudest about it.



No. 028

THE NAME LEARNER

Learn the name of someone you see every day and have never asked. Use it tomorrow.



No. 035

THE FIRST HELLO

New neighbor, new coworker, new face at the gym. Say hi first.



No. 029

THE THREE-SECOND SMILE

Eyes up. Phone down. Smile at a stranger like you mean it.



No. 036

THE CALL ABOUT NOTHING

Call a parent or grandparent about nothing at all. The call is the point.



No. 030

THE LATE THANK YOU

Thank someone for a thing they did years ago. They think you forgot. Prove them wrong.



No. 037

THE "I WAS WRONG"

Say it to someone who has waited a long time to hear it.



No. 031

THE COMMENT, NOT THE LIKE

Write something real on a friend's post instead of double-tapping and scrolling on.



No. 038

THE COMPLIMENT RELAY

Tell someone the kind thing another person said about them when they weren't in the room.



No. 039

THE GREEN LIGHT GRACE

Someone cuts you off in traffic. Wave anyway. Mean it.



No. 046

THE WAITER'S NAME

Use your server's name when you thank them. They wear the tag for a reason nobody honors.



No. 040

THE ELEVATOR HOLD

Hold it. Ask their floor. Push the button. Twelve seconds of civilization.



No. 047

THE MORNING PERSON

Be unreasonably pleasant to the first stranger you meet today. Set the tone for both of you.



No. 041

THE CHECKOUT QUESTION

Ask the cashier how their day is going. Then actually wait for the answer.



No. 048

THE FRIDGE DOOR GALLERY

Write one sentence about why you love someone you live with. Stick it where the milk lives.



No. 042

THE HYPE TEXT

Someone you know is nervous about something this week. Text them like their personal hype crew.



No. 049

THE UMBRELLA HALF

Raining? Share yours for a block. Get a little wet on your side.



No. 043

THE SCREENSHOT SEND

See something that reminds you of somebody? Send it. "Saw this and thought of you" is a love language.



No. 050

THE HONK OF HONOR

Somebody's garage band, lemonade stand, or open mic. Honk, wave, cheer. Fuel a dream for free.



No. 044

THE 1:43 PAUSE

At 1:43 exactly, stop everything for one minute. Ask: who needs my love today? Then act on the first name.



No. 051

THE CHECK ON THE STRONG ONE

The friend who holds everyone together gets held by no one. Text them. Just them.



No. 045

THE OUT-LOUD I LOVE YOU

Say "I love you" to someone who already knows. Say it anyway. Out loud. Today.



No. 052

THE ANNIVERSARY NOBODY REMEMBERS

Somebody you love survived something hard on some date. Remember it with them.



No. 053

THE RE-SEND

Scroll up to a great memory in an old thread. Reply to it. Revive the joy.



No. 054

THE WEATHER BREAK

Point out the sky to a stranger when it's doing something beautiful. Share the free show.



No. 055

THE SLOW GOODBYE

Hug goodbye like you mean it. Last one out of the hug wins.



GO BIGGER

5 TO 15 MINUTES. A LITTLE EFFORT. A LOT OF LOVE.

41 MISSIONS



No. 005

THE SILENT THANK YOU

Do something kind and never claim it. Love shines brightest when no one knows it was you.



No. 056

THE LOVE LETTER LITE

A real note on real paper. Five sentences. Mail it or leave it where they'll find it.



No. 007

THE HELPING HAND

Take one thing off someone's plate today. Do it without asking.



No. 057

THE FLOWER RUN

Buy flowers. Hand them to somebody with zero occasion attached.



No. 008

THE PAY IT FORWARD CHAIN

Pay for the person behind you in line. Coffee, drive-thru, parking. Don't say why. Just do it.



No. 058

THE BOSS CC

Email somebody's boss about how great they are. CC them. Watch nothing bad happen.



No. 009

THE "LEAVE IT BETTER" LOVE

At 1:43, leave one space better than you found it. One small act of service. Zero credit.



No. 059

THE REVIEW THEY NEED

Leave the five-star review that small business is praying for. Name the person who made it great.



No. 013

THE CART HERO

Return a stray shopping cart in the parking lot. Be the hero nobody asked for.



No. 060

THE BRIDGE

Two people in your life need to know each other. Be the introduction.



No. 019

THE 143% TIP

Leave a 143% tip for a server, barista, or delivery driver. Their reaction makes it all worth it.



No. 061

THE COFFEE DROP

Bring the good coffee to someone whose week is heavy. No agenda. Just caffeine and care.



No. 062

THE GROCERY ASK

Headed to the store? Ask a neighbor what they need. Bring it back. Refuse the money.



No. 069

THE SKILL LOAN

You can fix, write, build, or design something. Do it free for someone this week.



No. 063

THE TRASH DAY SAVE

Roll a neighbor's bin up the driveway before they notice it was ever out.



No. 070

THE LOCAL LEGEND

Buy from the smallest business you know today. Tell them why you came.



No. 064

THE PORCH DROP

Drive the long way home past a friend's place. Leave something small on the porch. Text them from the road.



No. 071

THE SEASON SAVE

Shovel the walk. Rake the leaves. Before they wake up. Weather is your accomplice.



No. 065

THE PLAYLIST

Make somebody a playlist like it's 1999. Tell them why track three matters.



No. 072

THE TAB NINJA

Quietly pay a stranger's tab. Leave before they find out. Vanish like kindness folklore.



No. 066

THE LUNCH DOUBLE

Pack or order two lunches. Find the person who forgot theirs.



No. 073

THE THANK-YOU CHAIN LETTER

Write three thank-you notes in one sitting. Teacher, mentor, friend. Stamp all three.



No. 067

THE BOOK PASS

Give away the book that changed you. Write in the cover. Books are meant to travel.



No. 074

THE CARE PACKAGE LITE

A snack, a note, one silly thing. Twenty dollars max. Infinite return.



No. 068

THE MIDNIGHT BIRTHDAY

Be the first happy birthday at 12:00 AM. Or the only one on paper.



No. 075

THE FREE HUGS SIGN

Cardboard. Marker. Two words. Stand somewhere busy and mean it.



No. 076

THE QUESTION COLLECTOR

Ask somebody three questions about their life tonight. Answer none about yours unless asked.



No. 083

THE TEAM FEED

Donuts, bagels, or fruit for the whole crew. No occasion. Watch morale do math.



No. 077

THE KID'S SHOW-AND-TELL

A kid wants to show you something. Watch the whole thing. Twice if requested.



No. 084

THE CHALK TALK

Sidewalk chalk. Kind words. Public property becomes public encouragement.



No. 078

THE ANONYMOUS ENCOURAGER

Leave an unsigned note of encouragement where a stranger will find it. A library book. A gym locker. A bus seat.



No. 085

THE 1:43 RECRUIT

Teach one person what 1:43 means. Help them set the alarm on the spot.



No. 079

THE MEMORY VOICEMAIL

Call when you know they can't answer. Leave a story about them as your message. A keepsake in their pocket.



No. 086

THE REGIFT DONE RIGHT

Something you own that a friend has always admired. Give it to them today. Watch their face.



No. 080

THE VENDING MACHINE FAIRY

Tape exact change to a vending machine with a note that says "this one's on love."



No. 087

THE COLD DRINK COOLER

Hot day. Cooler of cold drinks for the mail carrier, the trash crew, the road workers. Instant sainthood.



No. 081

THE PLANT GIFT

Give somebody a plant. Attach care instructions and one sentence about growing things together.



No. 088

THE HIGHLIGHT REEL

Text a friend five things you admire about them. Numbered. Like the list they never make about themselves.



No. 082

THE MAILBOX MISSION

Send someone a love letter. Real stamp, real paper. The mailbox misses this.



No. 089

THE PHOTO SHOOT

Offer to take the photo for the family struggling with the selfie. Take three. Check their favorite.



No. 090

THE NEW KID LUNCH

Somebody is new at work, school, or church. Eat with them.
Introduce them around like a celebrity.



POUR IT OUT

30 MINUTES OR MORE. THE ONES THEY NEVER FORGET.

32 MISSIONS



No. 015

THE TRAVELING CLOSET

If it doesn't spark joy for you, it might be survival for someone else. Clean out your closet and carry the extras to whoever needs them next.



No. 093

THE DOUBLE BATCH

Cook double tonight. Deliver the second half warm.



No. 020

THE 1:43 CONNECTION

Share 1 minute and 43 seconds of uninterrupted eye contact with someone you care about. No phones. No talking. Just connect.



No. 094

THE LONG LETTER

Write the letter you've been composing in your head for years. Send it before you re-read it twice.



No. 021

THE 1:43 "ASK ME ANYTHING"

Give someone 1 minute and 43 seconds of radical availability and radical trust. They can ask anything. You must answer honestly.



No. 095

THE SHOW UP

Somebody is moving, grieving, or celebrating. Be there in person. Presence beats presents.



No. 022

THE INVISIBLE SERVICE

Do one small act of service for someone you love. No credit. No cameras. Connection, not kudos.



No. 096

THE HOSPITAL RULE

Nobody you love sits in a waiting room alone. Not on your watch.



No. 091

THE FULL ATTENTION HOUR

One hour. Phone in another room. Them, only them.



No. 097

THE VETERAN'S TABLE

"Thank you for your service." Then stay. Then listen. The listening is the thank you.



No. 092

THE STORY REQUEST

Ask an elder for a story. Listen to all of it. Then ask one more question.



No. 098

THE QUIET ONE

Sit with the quiet one at lunch. Presence is the whole mission.



No. 099

THE REPAIR JOB

One broken relationship. One honest conversation. You go first.



No. 106

THE INTERVIEW

Record a loved one telling their life story. Someday this file will be treasure.



No. 100

THE PATIENT PROFESSOR

Teach someone the thing they're embarrassed not to know. Phones, parallel parking, pivot tables. Zero judgment.



No. 107

THE STANDING DATE

Put a recurring hangout on the calendar with someone you keep "meaning to see." Recurring. Forever.



No. 101

THE EARS, NOT IDEAS

Someone vents. Fix nothing. Ask: "Do you want ideas or just ears?" Then honor the answer.



No. 108

THE GRIEF CASSEROLE

Loss doesn't end after the funeral. Show up in week six, when everyone else stopped.



No. 102

THE MEMORY LANE DRIVE

Take someone back to a place that mattered to you both. Tell them why it still does.



No. 109

THE SUNRISE SUMMIT

Drag somebody you love to a sunrise. Coffee in thermoses. Say almost nothing.



No. 103

THE PROJECT DAY

Give a Saturday morning to somebody's project like it's your own. Bring your own gloves.



No. 110

THE LEGACY LETTER

Write to somebody about the impact they had on who you became. Be the closure people wait lifetimes for.



No. 104

THE LAST TEXT FIRST

The friend you always answer last goes first today. Call, don't text.



No. 111

THE MOVE DAY MUSCLE

Help somebody move. The truest love language is lifting a couch down stairs.



No. 105

THE SKILL SWAP DINNER

Host dinner where everyone teaches one thing they love. Feed bodies and brains.



No. 112

THE BABYSIT GIFT

Give tired parents a night out. Their kids survive. Their marriage thrives.



No. 113

THE LONG WALK

Invite somebody for a walk with no destination. Walking side by side unlocks what sitting face to face cannot.



No. 116

THE DREAM INVESTOR

Somebody you know has a dream everyone doubts. Spend an evening taking it completely seriously.



No. 114

THE FIX-IT LIST

Ask an aging neighbor or relative for their to-do list. Do the whole thing.



No. 117

THE REGULAR

Become a regular somewhere small. Learn names. Tip well. Be furniture that loves people.



No. 115

THE APOLOGY TOUR

The amends you've owed the longest. Make it in person. Bring nothing but honesty.



No. 118

THE 143 CIRCLE

Gather three friends. Everyone does one act of love this week and reports back. Congratulations, you started a chapter.



BEYOND PEOPLE

FOR THE EARTH, THE FUTURE, THE SPIRIT. LOVE WITH A LONGER REACH.

27 MISSIONS



No. 010

THE MIRROR STORY

Today, turn the love toward the person who needs it most. You.



No. 123

THE SELF 1:43

Take your own 1:43. You count as somebody. Rest is not quitting.



No. 018

THE CLEAN-UP CREW

Clean up for Mother Nature. Make your own mom proud. Even one piece counts.



No. 124

THE FIVE PIECE PATROL

Pick up five pieces of litter. The earth counts as somebody too.



No. 119

THE SLOW THANK YOU

Plant something. Water it tomorrow. Love with a long fuse.



No. 125

THE TOMORROW TREE

Plant a tree you'll never sit under. That's the whole point.



No. 120

THE NAMED PRAYER

Pray for someone by name. Not religious? Hold one kind thought about them for a full minute. It counts.



No. 126

THE GRATITUDE THREE

Write down three people who shaped you. Tell one of them this week. Rotate weekly until the list is done.



No. 121

THE FORGIVENESS REP

Forgive somebody just inside yourself, just for today. Start there. Repeat tomorrow.



No. 127

THE GRUDGE DIET

Pick one grudge. Put it down for 24 hours. Notice how much lighter your hands feel.



No. 122

THE FUTURE LETTER

Write a letter to yourself one year from now. Be kind in it. You'll need it.



No. 128

THE QUIET HOUR

One hour, no screens, no output. Sit with your own heart like it's somebody you love. It is.



No. 129

THE WATER BOWL

Put out water for the birds, the strays, the pollinators. Small creatures, real thirst.



No. 136

THE STRANGER'S WIN

Celebrate a stranger's good news on the internet today like it's your cousin's. Joy is renewable.



No. 130

THE SHELTER RUN

Old towels and blankets? The animal shelter calls that luxury bedding. Drive it over.



No. 137

THE BODY THANK YOU

Thank your body for one thing it did today. It has carried you through everything. Every single day.



No. 131

THE KIND REWRITE

Rewrite the meanest thing you say to yourself into what you'd tell a friend. Post it on the mirror.



No. 138

THE SLEEP GIFT

Go to bed early tonight as a gift to tomorrow-you. Rested people love better.



No. 132

THE LIBRARY SEED

Donate a book that changed you to a little free library. Write "this found me when I needed it" inside.



No. 139

THE DONE LIST

Tonight, skip the to-do list. Write what you DID do. Talk to yourself like a proud coach, not a warden.



No. 133

THE WALK OUTSIDE

Take your body outside for twenty minutes. No podcast. You are also somebody to love on.



No. 140

THE BEE PATCH

One packet of wildflower seeds. One forgotten corner of dirt. Feed the pollinators who feed everybody.



No. 134

THE ONE LESS

One less plastic bottle, one less idle mile, one less wasted meal today. Love the place that holds us all.



No. 141

THE BLIND SPOT CHECK

Ask yourself who you've been blind to. The bus driver. The custodian. The quiet cousin. See them this week.



No. 135

THE MEMORY CANDLE

Light a candle for somebody you lost. Tell one story about them out loud. Grief is love with nowhere to go. Give it somewhere.



No. 142

THE 143 PASS-DOWN

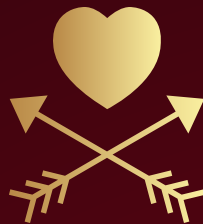
Teach a kid what 143 meant on a pager. Watch a dead code come back to life in small hands.



No. 143

THE ALWAYS 1:43

Somewhere on Earth, it is always 1:43. Live like you know it.
This one never ends.



1:43

**SOMEWHERE ON
EARTH, IT IS ALWAYS
1:43.**

Set your alarm. Answer the call. Then tell somebody
about it at 143army.com.

ALL LOVE FOR ALL PEOPLE

