








JANUARY 2024

make
kindness
the norm.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																																
	 <p>1 Create a gratitude jar and fill it with things you are grateful for all month.</p>	 <p>2 Wake up early to appreciate the sunrise.</p>	<p>3 Start a healthy routine at work such as a daily walk. Invite your coworkers.</p>	 <p>4 Participate in a coat drive and put encouraging notes in the coat pockets.</p>	<p>5 Offer free hot chocolate and/or hand warmers to those working in the cold.</p>	<p>6 Take a friend or family member on a spontaneous adventure.</p>																																																																																																																
<p>7 Paint some rocks vibrant colors with positive/inspiring messages and place throughout your community.</p>	 <p>8 Treat yourself to a bubble bath surrounded by candles and relaxing music.</p>	<p>9 Listen to a guided meditation.</p>	 <p>10 Replace your light bulbs with energy efficient ones and hand out a few for friends to use.</p>	<p>11 Sell old items online (Ebay, for example) and donate the profits to a good cause.</p>	<p>12 Resolve to be less judgmental in your day-to-day life.</p>	<p>13 Make a list of goals to accomplish this new year that will help make your dreams come true.</p>																																																																																																																
<p>14 Kick off the new year with a fresh start by organizing and cleaning your home today.</p>	<p>15 Purchase groceries for the person in front of you on the express line.</p>	<p>16 Spend time with your family or friends playing board games, sharing laughs, and creating memories.</p>	<p>17 Self-reflect about how you can be a person of Integrity.</p>	<p>18 Make an appointment for an annual checkup with your doctor and dentist.</p>	 <p>19 Invite some close friends over for a popcorn and movie night.</p>	<p>20 Create a care bag for an unhoused person with some gloves, scarf, treats, hygiene products, and a gift card.</p>																																																																																																																
<p>21 Plan one big new adventure this year: go skydiving, swim with the dolphins, etc.</p>	<p>22 Get Involved! Sign up to join a community-related cause.</p>	<p>23 Plan a brunch with all your best friends.</p>	<p>24 Call a friend or relative and make them laugh out loud.</p>	<p>25 Go outside your comfort zone today.</p>	<p>26 Plan a spontaneous date with your partner doing things you both love.</p>	<p>27 Expand your mind. Sign up for a free class or workshop to learn something new.</p>																																																																																																																
<p>28 Tap into your creative side! Write, paint, sing, or dance.</p>	 <p>29 Host a pizza lunch party at work and invite all your coworkers.</p>	<p>30 Do something that fills you with joy today.</p>	<p>31 Empty and read the gratitude jar you have created throughout the month.</p>	<table border="1"> <thead> <tr> <th colspan="7">DECEMBER 2023</th> <th colspan="7">FEBRUARY</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>1</td><td>2</td> </tr> <tr> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> </tbody> </table>			DECEMBER 2023							FEBRUARY							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	26	27	28	29	30	1	2	28	29	30	31	1	2	3	3	4	5	6	7	8	9	4	5	6	7	8	9	10	10	11	12	13	14	15	16	11	12	13	14	15	16	17	17	18	19	20	21	22	23	18	19	20	21	22	23	24	24	25	26	27	28	29	30	25	26	27	28	29	1	2	31	1	2	3	4	5	6	3	4	5	6	7	8	9
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FEBRUARY 2024

make
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SUNDAY

MONDAY








TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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					Spend an afternoon at a cultural museum.	Follow @RAKFoundation on Instagram to add some kindness your social media feed.	Leave small containers of bird seed near a park or lake for other people to feed the birds.																																																																																																		
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Leave a small gift or note of thanks addressed to your mail carrier in your mailbox.	Play Cupid: introduce two single people who you think would make a great match.	Write encouraging letters to strangers who need them. MoreLoveLetters.com provides a list.	Plan to send an anonymous bouquet of flowers and/or candy to your local nursing home.	Show appreciation! Bring a variety of bagels to work for your team to enjoy.	Donate interview appropriate clothes to disadvantaged individuals entering the workplace at DressForSuccess.org.		Host a dinner with acquaintances and invite someone new to the group.																																																																																																		
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Host a fun Super Bowl get together with friends.	Find a way to show someone you care.	Create a music playlist that inspires you and put it on your phone to listen to regularly.	Arrange a romantic date night with your partner.	Think of ways you could be more inclusive at work and in your community.	Volunteer to feed the hungry at a shelter or assist in a local food drive.	Visit CareForThree.com and become part of the movement.																																																																																																			
RANDOM ACTS OF KINDNESS WEEK — visit randomactsofkindness.org/rak-week to download our new RAK week activities.																																																																																																									
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Plan your perfect day and go out and live it.	Hide a love note for your partner in their bag or wallet for them to find during their workday.	Bring a pot of tea over to an elderly neighbor's home to enjoy over a long chat.	Plan a neighborhood cleanup day with neighbors to pick up litter.	Buy flowers or a new plant for your office space and an extra one for a coworker.	Collect baby clothes and supplies and donate to new parents who need them.	Give out sincere compliments today.																																																																																																			
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Learn something new. Take a dance or exercise class.	Read the child in your life a bedtime story.	Practice a moment of self-reflection today.	Purchase coffee for your team members and write words of affirmation on the lids.	Offer to help a friend or family member with a task or errand they've been putting off.																																																																																																					

MARCH 2024

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SUNDAY

MONDAY







TUESDAY

WEDNESDAY

THURSDAY

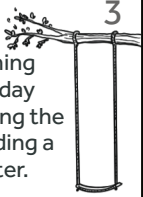






FRIDAY

SATURDAY

						1 Create a care package for someone who is going through a tough time.	 2 Eat a healthy snack today																																																																																																															
3 Leave a surprise gift or note for a neighbor. 	4 Discover your family tree and share your findings with your relatives.	5 Plan a weekend getaway in nature and unplug from all electronic devices.	6 Use less plastic and be more conscious about recycling.	7 Show your love! Send your mother or maternal figure a large bouquet of flowers or thoughtful gift.	8 Forgive an old grudge.	9 Pack extra lunches and hand them out to those in need.																																																																																																																
10 Take the children in your life out for a fun afternoon in an amusement park.	11 Relax by planting new flowers in your garden.	12 Help a stranger in need (for ex. help fix a flat tire).	13 Learn the names of your receptionist, security guard, and custodians.	14 Pick a street and write "Have a great day!" on every driveway in colorful chalk.	15 Contribute a small sum of money to grant a wish of a foster youth.	16 Host a potluck dinner and suggest guests bring a dish from their original or adoptive culture.																																																																																																																
17 Encourage a young person to pursue their dreams and offer help to achieve their goals.	 18 Take a hot bath. Soak in a hot tub, preferably with epsom salt and aromatherapy oils.	19 Surprise your local market's cashier with a flower and thank them for all their hard work.	20 Spend the afternoon reading some poetry or a novel from your favorite author.	21 Put coins in an expired parking meter.	22 Listen to an upbeat playlist while you're getting ready or on your commute to work. 	23 Do an act of kindness for someone and encourage them to pay it forward.																																																																																																																
24 Invite a small group of friends out for a fun night of bowling.	25 Create your own fun tradition with family or friends.	26 Make an effort to be more authentic.	27 Create a kindness idea basket for coworkers to add to and grab ideas from.	 28 Babysit, dog sit, or cat sit for free.	29 Go to a park and spend a relaxing afternoon taking nature photos.	30 Organize a volunteer activity with friends.																																																																																																																
31 Write a kind note on a sticky note and leave it in a public place where someone will find it.	<table border="0"> <tr> <td colspan="7" style="text-align: center;">FEBRUARY</td> <td colspan="7" style="text-align: center;">APRIL</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> </table>						FEBRUARY							APRIL							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	28	29	30	31	1	2	3	31	1	2	3	4	5	6	4	5	6	7	8	9	10	7	8	9	10	11	12	13	11	12	13	14	15	16	17	14	15	16	17	18	19	20	18	19	20	21	22	23	24	21	22	23	24	25	26	27	25	26	27	28	29	1	2	28	29	30	1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11
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APRIL 2024

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	1 Pull a playful prank on your coworkers.	2 Start an outdoor hobby to enjoy such as biking or hiking.	3 Do something childlike today such as using the swing or riding a roller coaster. 	4 Buy some lottery tickets and hand them out to passersby with a smile, asking them to try their luck.	5 Hand out free umbrellas to strangers in the street on a rainy day. 	6 Leave an inspiring poem or doodle somewhere for someone to randomly discover.																																																																																																		
7 Make a conscious effort to hydrate, exercise, and eat better more often.	8 Visit your favorite quiet place and be present.	9 Download a meditation app and try it out tonight before bed.	10 Call your siblings and tell them you appreciate them.	11 Take old blankets and towels to a local animal shelter.	12 Treat everyone you meet today with respect.	13 Invite some family or friends over for a fun game of scrabble or chess.																																																																																																		
14 Be Present. Lie in the grass and stare up at the sky.	15 Support your local art community by making a purchase from a local artist.	16 Send dessert anonymously to another table in a restaurant.	17 Take today to kick back, relax, and reflect on what's important in life.	18 Wake up early to exercise before going to work.	19 Send cheerful cards to lonely seniors.	20 Show compassion in one way today.																																																																																																		
21 Leave dollar bills on the shelves at the local dollar store with a note that says "treat yourself!" 	22 Reduce your carbon footprint! Walk or bike to work. 	23 Be kind to people both online and offline.	24 Check in with a friend or family member to make sure they're doing well.	25 Bring in treats to add to your office pantry for your team members to enjoy. 	26 Leave a note on the public mirror that says, "You look great!" or "You've got this!" 	27 Email a joke or funny video to a group of friends.																																																																																																		
28 Plan a special day out with your child.	29 Blast some music and dance like you just don't care. 	30 Attempt to be more honest in your relationships.	<p style="text-align: center;">MARCH</p> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td> </tr> <tr> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> </tbody> </table> <p style="text-align: center;">MAY</p>				S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	25	26	27	28	29	1	2	28	29	30	1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30	31	1	31	1	2	3	4	5	6	2	3	4	5	6	7	8
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MAY 2024

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY









SATURDAY

APRIL

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JUNE

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			 <p>1</p> <p>Ask your neighbors if they need you to pick up groceries while you shop.</p>	<p>2</p> <p>Write a sweet, encouraging note and put it in your child's lunch box or under their pillow.</p>	<p>3</p> <p>Pay the toll for the driver behind you.</p>	<p>4</p> <p>Treat the children in your life to a sci-fi movie today.</p>
<p>5</p> <p>Invite friends over for dinner to celebrate Mexican culture and heritage today.</p>	 <p>6</p> <p>Plan a family camping trip.</p>	<p>7</p> <p>Buy the child in your life their favorite comic book.</p>	 <p>8</p> <p>Gift your mother a scrapbook of shared favorite family memories.</p>	<p>9</p> <p>Organize a "Charity Day" at work.</p>	 <p>10</p> <p>Slip a \$10 bill in with a random box of diapers at the store.</p>	<p>11</p> <p>Eat what you want today and savor every bite.</p>
<p>12</p> <p>Take flowers or treats to the nurses' station at your nearest hospital.</p> 	<p>13</p> <p>Spend time in nature and recharge by going on a hike.</p>	 <p>14</p> <p>Watch the sunset on a hammock with someone special.</p>	<p>15</p> <p>Deliver homemade cookies to a neighbor.</p>	<p>16</p> <p>Get creative! Make up your own random act of kindness today!</p>	<p>17</p> <p>Donate to an endangered species charity.</p>	<p>18</p> <p>Show your appreciation by doing a household chore that your partner normally does.</p>
<p>19</p> <p>Bring gently used clothing and footwear to your local donation station.</p>	<p>20</p> <p>Tip your waitstaff generously with a note thanking them for their great service.</p>	<p>21</p> <p>Set aside some time today for self-care.</p>	<p>22</p> <p>Commit to learning how to play a new musical instrument this year.</p>	<p>23</p> <p>Use reusable grocery bags and hand a few extras out to other shoppers.</p>	<p>24</p> <p>Plan to attend a cultural event in your community.</p>	<p>25</p> <p>Take a long walk on the beach or a quiet trail on a sunny day.</p>
<p>26</p> <p>Put together a self-care basket for a stressed-out friend or relative.</p>	<p>27</p> <p>Purchase small sunscreen bottles and pass them out to friends/ coworkers to use this summer.</p> 	<p>28</p> <p>Invite a friend, neighbor, or coworker home for dinner.</p>	<p>29</p> <p>Go window shopping and support your local mom and pop shops.</p>	 <p>30</p> <p>Have a yard sale and donate the profits to your favorite charity.</p>	<p>31</p> <p>Volunteer with your local fire station or rescue team.</p>	

JUNE 2024

make kindness the norm.

SUNDAY

MONDAY

TUESDAY


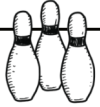






WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



							 <p>Take fresh baked goods to a police or fire station with a note of thanks for their service. 1</p>
<p>2</p> <p>Cook a meal or do a load of laundry for a friend who has just had a baby.</p>	 <p>3</p> <p>Invite a small group of friends out for a fun night of bowling.</p>	<p>4</p> <p>Have each guest at the dinner table say aloud one thing they are grateful for.</p>	<p>5</p> <p>Participate in the cleanup of a local river, pond, or lake.</p>	<p>6</p> <p>Donate a vacation or sick day to a colleague who's struggling with an illness or caring for a sick loved one.</p>	 <p>7</p> <p>Set up a free flower stand in your neighborhood.</p>	<p>8</p> <p>Send your best friend a framed picture of a special moment between you both.</p>	
 <p>9</p> <p>Leave bottles of bubbles at a children's park for them to find with a note that says "FREE BUBBLES".</p>	<p>10</p> <p>Reach out to an old friend you haven't spoken to in a while.</p>	<p>11</p> <p>Offer a glass of iced tea to a neighbor doing yard work.</p>	 <p>12</p> <p>Find time to read an inspiring book.</p>	<p>13</p> <p>Be mindful of the energy you bring to your workplace.</p>	<p>14</p> <p>Register to become a donor this year.</p>	<p>15</p> <p>Spend time in nature and take pictures.</p>	
<p>16</p> <p>Attend a caring support group or make new friends by attending a local event at meetup.com.</p>	<p>17</p> <p>Let someone else take a primo parking spot.</p>	<p>18</p> <p>Plan a picnic with your family or friends.</p>	<p>19</p> <p>Treat your father figure to dinner at his favorite restaurant.</p>	<p>20</p> <p>Acknowledge all your co-workers with a big smile and warm greeting.</p>	<p>21</p> <p>Write a letter to yourself at futureme.org about your positive attributes to read at a later date.</p>	<p>22</p> <p>Put aside your own viewpoint and try to view things from the other person's perspective.</p>	
<p>23</p> <p>Leave a basket of food for a family who is struggling financially.</p>	<p>24</p> <p>Make dinner for a neighbor who has just had a baby or surgery.</p>	 <p>25</p> <p>Go star gazing in the evening.</p>	 <p>26</p> <p>Mow a neighbor's lawn, rake their leaves, or sweep their sidewalk as a surprise.</p>	<p>27</p> <p>Be courteous and give up your seat on the train or bus to another.</p>	<p>28</p> <p>Donate "like new" stuffed animals and toys to charities or shelters for children to enjoy.</p>	<p>29</p> <p>When others are gossiping, be the one to chime in with something positive.</p>	
<p>30</p> <p>Offer a cold drink of water to someone working outside in the heat.</p> 							

MAY

JULY

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AUGUST 2024

make kindness the norm.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY





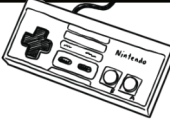
SATURDAY

JULY

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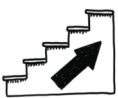




SEPTEMBER

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				1	2	3
				Donate, volunteer, or raise awareness for a charity that helps a cause you're passionate about.	Help someone who is carrying a heavy load.	Offer to listen to a friend or family member who needs someone to talk to.
4	5	6	7	8	9	10
Build a "free library" box in your yard for neighbors to borrow or donate books to.	Anonymously pay for someone else's bill at a café or restaurant.	Shop at your local farmers market.	How can you show respect today?	When paying bills, add a fun message along with your payments.	 Send a friend a book you think they might enjoy.	Ride a bicycle! Spend the day riding with friends or family in a park or on a scenic bike path.
11	 12	13	14	15	16	17
Spend the afternoon going to the zoo with the children in your life.	Tape coins or hide small toys around a playground for kids to find.	Give your partner more affection and attention today.	Make a simple bird feeder and hang it outdoors for local wildlife to enjoy. 	Pamper yourself! Get a manicure, pedicure, or your hair done.	Get Involved! Sign up to join a community-related cause.	Become a "Big Brother" or "Big Sister".
18	19	20	21	22	23	24
Purchase a dozen stem roses and randomly hand them to passersby to brighten their day.	Donate some food to your local food pantry. Call ahead to see what they need.	Spend time today journaling or visualizing what you would like your life to look like in the future.	Set up a booth offering free lemonade.	Leave an inspiring book on the train or bus with a note to pass it on.	Take your change to a coin machine and donate your collection to charity.	Apologize to someone with whom you've had a past conflict.
25	 26	27	28	29	30	31
Plant a tree in memory of someone.	Purchase your pet a new toy.	Treat yourself and a good friend to a spa day.	Refrain from complaining today.	 Donate video games to your local Children's hospital.	Sign up for a shift at your local soup kitchen.	Host an outdoor dinner on a warm evening with family or friends.

SEPTEMBER 2024

**make
kindness
the norm.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																		
 <p>1 Surprise someone with a thoughtful, inexpensive gift.</p>	<p>2 Plan a neighborhood block party so everyone can get to know each other better.</p>	<p>3 Leave a jar of coins for others to use at a wishing fountain.</p>	<p>4 Buy a decadent treat at the grocery store or your favorite bakery for yourself.</p>	 <p>5 Take a scenic drive to the mountains to enjoy the Fall foliage.</p>	<p>6 Start a new book about a topic that is completely unknown to you.</p>	<p>7 Send a framed family photo to your parents or grandparents.</p>																																																																																																		
 <p>8 Donate books, puzzles, and games to elementary schools or daycare centers.</p>	<p>9 Think of a fun way you can show generosity today and then do it.</p>	<p>10 Help a friend on their moving day.</p>	<p>11 Offer to help someone who has just endured a major life event or loss.</p>	 <p>12 Share your career goals with your boss or a colleague.</p>	<p>13 Become an agent of positivity.</p>	 <p>14 Donate shoes, boots, and warm clothes to a homeless shelter.</p>																																																																																																		
<p>15 Put some change in an envelope and tape it to a 25¢ candy vending machine.</p>	<p>16 Paint inspiring words on rocks and leave them in the community for others to find.</p>	 <p>17 Gather some coworkers to help pick up trash in your local park during lunch.</p>	<p>18 Play a board game or do a puzzle with friends and/or family.</p>	<p>19 Make a list of five things you are grateful for.</p>	<p>20 Start a Kindness club at your school or at your company.</p>	<p>21 Say something nice to someone you do not particularly like.</p>																																																																																																		
<p>22 Start a chain of kindness and pay for the next person's order at a drive-thru.</p>	 <p>23 Pay attention to your internal dialogue.</p>	<p>24 Do something crafty, such as knitting, sewing, or painting.</p>	<p>25 Send a handwritten letter to someone who's made a difference in your life.</p>	<p>26 Make the switch to cruelty-free products.</p>	<p>27 Get out and explore! Be a tourist in your own city for a day.</p>	<p>28 Donate old books, toys or games to a local library or thrift store.</p>																																																																																																		
 <p>29 Leave a positive note in library books for strangers to discover.</p>	<p>30 Ask for and accept help when needed.</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>AUGUST</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> </div> <div style="text-align: center;"> <p>OCTOBER</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table> </div> </div>					S	M	T	W	Th	F	S	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	S	M	T	W	Th	F	S	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9
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OCTOBER 2024

make kindness the norm.

SUNDAY

MONDAY



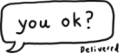


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		 <p>1</p> <p>Buy someone a gift certificate to their favorite coffee shop.</p>	<p>2</p> <p>Refrain from jumping to conclusions today.</p>	 <p>3</p> <p>Remember team member's birthdays and important events and celebrate them!</p>	<p>4</p> <p>Do something that you find challenging today.</p>	<p>5</p> <p>Fulfill an item on a teacher's Amazon Wish List.</p>																																																																																																																
<p>6</p> <p>Write an encouraging letter to a deployed or wounded member of the military through Operation Gratitude.</p>	<p>7</p> <p>Smile at everyone you meet today.</p>	 <p>8</p> <p>Text a friend to make sure they got home safely after a night out.</p>	<p>9</p> <p>Make someone's commute easier. Let someone go ahead of you in traffic.</p>	<p>10</p> <p>Plan a weekend hike in nature and decompress.</p>	<p>11</p> <p>Conserve water by turning it off when not in use, fixing leaks, and installing water-saving devices.</p>	 <p>12</p> <p>Hold the elevator or door open for others.</p>																																																																																																																
<p>13</p> <p>Sign up for a free online class, webinar, or conference.</p>	<p>14</p> <p>Leave pumpkins on a family's doorstep along with kid-friendly tools for carving.</p>	<p>15</p> <p>Stop what you're doing for a few minutes to just breathe and appreciate life.</p>	<p>16</p> <p>Bring a friend or family member a souvenir back from a trip.</p>	<p>17</p> <p>Stay a little later to assist a coworker with their workload.</p>	<p>18</p> <p>Take time to really listen to someone and respond with kindness.</p>	 <p>19</p> <p>Write and send a thank you note to someone in your life that helped you through adversity.</p>																																																																																																																
<p>20</p> <p>Put a \$10 or \$20 bill in a book with a note that says, "Great choice! This book is on me!"</p>	<p>21</p> <p>Send a kind message or email to someone who could use some positivity in their life.</p>	<p>22</p> <p>Do yoga or meditate.</p>	<p>23</p> <p>Send someone who is sick some chicken soup and a get-well card.</p>	<p>24</p> <p>Write a list of tasks you have been procrastinating and work on completing them today.</p>	<p>25</p> <p>Make an appointment with your financial advisor to discuss your financial portfolio.</p>	<p>26</p> <p>Foster animals that the shelters do not have space for.</p>																																																																																																																
<p>27</p> <p>Do something that makes YOU happy today.</p>	<p>28</p> <p>Set positive intentions for the week.</p>	 <p>29</p> <p>Write a letter to yourself, forgiving past mistakes.</p>	<p>30</p> <p>Try out a new recipe and share it with others.</p>	<p>31</p> <p>Paint positive messages on pumpkins and leave them around the community.</p>	<table border="0"> <tr> <th colspan="7">SEPTEMBER</th> <th colspan="7">NOVEMBER</th> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td> </tr> <tr> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> </table>		SEPTEMBER							NOVEMBER							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	1	2	3	4	5	6	7	27	28	29	30	31	1	2	8	9	10	11	12	13	14	3	4	5	6	7	8	9	15	16	17	18	19	20	21	10	11	12	13	14	15	16	22	23	24	25	26	27	28	17	18	19	20	21	22	23	29	30	1	2	3	4	5	24	25	26	27	28	29	30	6	7	8	9	10	11	12	1	2	3	4	5	6	7
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NOVEMBER 2024

**make
kindness
the norm.**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



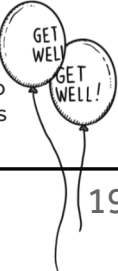




SATURDAY

OCTOBER

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DECEMBER

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						1	2
						Start a gratitude journal with all the things you are thankful for.	Place positive quotes on buses, trains, doors, etc. to put a smile on a passerby's face.
3	4	5	6	7	8	9	
Uplift a family member by sending them a box filled with cut out hearts that have a positive quality about them written on each.	Praise someone's performance in front of other co-workers.	 Make your voice heard and cast your vote.	Create a fun family time capsule of nostalgic items with shared memories to open together in the future.	 Knit something for someone to cherish.	Start a community collection for a family or someone in desperate need.	Stay a little later to help a colleague struggling to finish a project.	
10	11	12	13	14	15	16	
Create a Birthday Box for someone special filled with keepsakes.	Thank a veteran by donating to a worthy veteran cause or lend a hand in a VA hospital.	Send coloring books, toys, and balloons to a children's hospital. 	Celebrate World Kindness Day by handing out free hot coffee to commuters waiting for their bus/train.	Put your phone away while in the company of others.	Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life.	Spend today saying and thinking only nice things about everyone you encounter.	
17	18	19	20	21	22	23	
 Plan a road trip somewhere new.	Join a group that shares your own interests.	Silence any negative thoughts, self-doubt, or judgments today.	Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game.	Introduce yourself to your neighbors and invite them over to dinner.	Donate to a charity that helps create equality.	Think of a way you can show appreciation today and then do it.	
24	25	26	27	28	29	30	
Bake a cake for a friend or partner for their birthday, or a special occasion. 	Invite a new co-worker to lunch.	Think of how you can use your unique talents to make a positive difference.	 Pay it forward to the next person in line at the movies.	Host a dinner and ask everyone to write a note about what they appreciate about each guest to read aloud before dinner.	 Plan to become CPR-certified next year.	Be welcoming to a new neighbor, classmate, or co-worker.	

DECEMBER 2024

make
kindness
the norm.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																		
1 Get festive and decorate your home for the holidays.	2 Create a kindness tree and ask family and friends to decorate it with ornaments that have notes attached of a kind act they did. 	3 Create handmade holiday gifts for friends, family and coworkers.	4  Send an unexpected, handwritten postcard or letter to a loved one.	5  Talk to the person sitting by themselves at a party.	6 Attend a local event in your local community.	7 Join Soldiers' Angels and send a holiday care package to a deployed service member.																																																																																																		
8 Contribute toys to your local Toys for Tots campaign.	9 Send cheerful holiday cards with inspiring quotes to hospitalized children using the Cardz for Kidz service.	10 Donate to a global charity of your choice.	11 Invite some friends or family members to a fun night out at an Escape Room.	12 Try a new hobby such as beading or jewelry making.	13 Be accountable for everything you do or say today.	14 Donate gently used items (clothing, accessories, household goods) to a local thrift store or charity.																																																																																																		
15 Practice mindfulness today. Take deep breaths.	16  Leave unused coupons next to the corresponding products at the grocery store.	17 Host an ugly sweater day party at work.	18 Help a neighbor shovel snow or with a household chore. 	19 Take time out today to crank up and enjoy your favorite holiday music.	20 Start a staff meeting or your first 10 minutes of class with an inspiring video.	21 Get a few \$5 gift cards to hand out to unsuspecting passersby.																																																																																																		
22 Get some friends together and gather treats for delivery workers with a note of appreciation for all their hard work. 	23 Think of a way you can show courage today and then do it!	24 Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.	25 Gift a loved one an experience rather than a material gift.	26 Self-reflect. Take a long solitary walk in the park or in the woods.	27 Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season. 	28 Be a critical, independent thinker.																																																																																																		
29 Donate towels or blankets to an animal shelter.	30 Respect yourself. Make others aware of your boundaries.	31 Write a list of goals you would like to accomplish in the new year.	<p style="text-align: center;">NOVEMBER JANUARY 2025</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: small;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td> <td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> </tbody> </table>				S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	27	28	29	30	31	1	2	29	30	31	1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30	31	1	1	2	3	4	5	6	7	2	3	4	5	6	7	8
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