

KINDNESS CALENDAR

31 Days of Sharing Care

1

Offer to help someone.

2

Smile at a stranger.

3

Compliment yourself.

4

Connect with a friend—call and say hello.

5

Write a handwritten card to someone.

6

Journal about what's on your mind.

7

Give a friend a hug.

8

Celebrate others' success.

9

Tell someone you love them.

10

Tell a coworker they are doing a good job.

11

Buy coffee for a friend.

12

Hold the doors open for a stranger.

13

Shovel a neighbor's driveway.

14

Support a local business.

15

Tip your waiter generously.

16

Take a "no complaints" day.

17

Encourage someone who's having a hard time.

18

Take the time to appreciate the sunset.

19

Reconnect with old friends.

20

Be kind to yourself.

21

Volunteer.

22

Leave a positive review for a local business.

23

Tell someone you appreciate them.

24

Forgive someone.

25

Share your favorite book.

26

Say thank you.

27

Visit a shelter animal.

28

Have a game night.

29

Take a mental health day.

30

Buy yourself flowers.

31

Write a gratitude list.