

Acts of Kindness

for January

S	M	T	W	T	F	S
28  Ordinary & Happy	29	30	31	1 Wish loved ones a 'Happy New Year'.	2 Attempt a 30-day challenge with someone.	3 Offer to be someone's accountability buddy for their January goals.
4 Go for a winter walk with someone.	5 Let someone know how much you appreciate everything they've done for you.	6 Donate some winter clothes you're not using.	7 Send a message to someone you didn't catch up with over the holidays.	8 Share something positive online.	9 Take a family member out for coffee.	10 Sew or fix an item of clothing.
11 Have a January goals check-in with someone.	12 Check in on someone who finds the winter tough.	13 Give an extra-warm 'thank you' to a store employee.	14 Hold the door open for someone.	15 Make a loved one a warm drink.	16 Play a conversation game with the family.	17 Send additional 'thank you' messages to people who got you holiday gifts.
18 Have another January goals check-in with someone.	19 Get an extra-cozy blanket for the house.	20 Offer to help in your local community.	21 Ask a loved one if they need some support with anything.	22 Have a no-screen break to unwind and reflect.	23 Order prints of photos from last year for friends.	24 Host a watch party for family or friends.
25 Have an additional January goals check-in with someone.	26 Let someone at work know they've done a great job.	27 Write an encouraging message to a friend.	28 Do some online volunteering.	29 Give yourself a little time in the evening for something you enjoy.	30 Reflect on January goals with someone, no matter how the month went.	31 Have an aspirational 'rest of the year' planning session.