

March

Acts of Kindness

S	M	T	W	T	F	S
1 Send a loved one a spring-themed image with an inspirational message.	2 Give some books to a local library.	3 Plant something beautiful in your garden.	4 Help someone edit a resume or an important email.	5 Send someone an encouraging voice message.	6 Tell a loved one they have a beautiful smile.	7 Let your team at work or a community group you're a part of know how much you appreciate everything they do.
8 Send a 'thank you' message to a woman who has supported you.	9 Share a list of ways to make the most of the lighter evenings moving forward online.	10 Frame a photo from the holidays and gift it to a loved one.	11 Make a loved one a tea or coffee.	12 Get Girl Scout cookies.	13 Volunteer at an animal shelter.	14 De-clutter your closet & donate some clothes.
15 Reach out to a friend or loved one and ask if they want to get together soon.	16 Share a favorite memory of winter with a loved one.	17 Send an inspirational and kind message to a friend.	18 Get produce from a local farmer or farmers' market.	19 Take a friend or loved one for a spring walk.	20 Give someone a bouquet of spring-themed flowers, like tulips.	21 Take a photo of the first signs of spring in your local area & share it online.
22 Share an inspiring spring-themed message or photo in a group chat.	23 Send a friend or loved one a puppy-themed funny meme to make them smile.	24 Share what you love about your local area online.	25 Thank someone for the courage they've shown.	26 Get a small gift for a loved one.	27 Go to a local art gallery or theater performance.	28 Encourage your family to write a small win from the month on a piece of paper and share it.
29 Help a senior with a small task or errand.	30 Thank doctors and nurses online for all they do.	31 Encourage a friend or loved one to share their favorite part of their personality.	1	2	3	4
						 Ordinary & Happy