

One Month of **Kindness** *this August*

	S	M	T	W	T	F	S
2 L A S T S	30 Help someone with a DIY project.	31 Smile and assume the best.	28 	29 	30	31 	1 Send a thank you note or text to someone who helped you.
2	Check in on family and friends.	3 Send a thoughtful text to a friend.	4 Tidy a shared space.	5 Listen attentively when someone's talking.	6 Use people's names when talking to them.	7 Recommend a meaningful book to someone.	8 Volunteer for your favorite organization.
9	Offer to run some errands for family/close friends.	10 Send a postcard to a friend who lives in another city or country.	11 Put together a care package for family or a close friend.	12 Plan ahead to send flowers for a special occasion.	13 Make an inspirational playlist for a friend or significant other.	14 Sign up for a park clean-up.	15 Ask loved ones how you can help.
16	Be kind to yourself and do at least one self-care activity.	17 Get a small gift for your significant other (or a close friend).	18 Donate clothes and shoes you don't need.	19 Call a loved one to ask how they are doing.	20 Offer to take a friend out for coffee.	21 Wish someone a 'nice day.'	22 Sign up to be a mentor.
23	Share inspiring stories with friends.	24 Share an uplifting quote.	25 Get involved with a community event.	26 Check in on a friend you haven't talked to in a while.	27 Make a list of important birthdays so you don't forget.	28 Check in on your neighbors (if you're close).	29 Host a family get-together.