

# JANUARY 2022

make  
kindness  
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>DECEMBER</b></p> <p>S M T W Th F S</p> <p>28 29 30 1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31 1</p> <p>2 3 4 5 6 7 8</p>	<p><b>FEBRUARY</b></p> <p>S M T W Th F S</p> <p>30 31 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p>	28	29	30	<p>New Years Eve</p> <p>31</p>	<p>New Years Day 1</p> <p>Create a gratitude jar. Each day fill it with notes of things you are grateful for.</p>
<p>2</p> <p>Wake up early to appreciate the sunrise.</p>	<p>International Mind-Body Wellness Day 3</p> <p>Start a healthy routine at work, such as a daily walk. Invite your co-workers.</p>	<p>4</p> <p>Participate in a coat drive and put encouraging notes in the coat pockets.</p>	<p>Chocolate Fondue Day 5</p> <p>Offer free hot chocolate and/or hand warmers to those working in the cold.</p>	<p>6</p> <p>Take a friend or family member on a spontaneous adventure.</p>	<p>Old Rock Day 7</p> <p>Paint some rocks vibrant colors with positive/inspiring messages and place throughout your community.</p>	<p>National Bubble Bath Day 8</p> <p>Treat yourself to a bubble bath surrounded by candles and relaxing music.</p>
<p>9</p> <p>Listen to a guided meditation.</p>	<p>Cut Your Energy Costs Day  10</p> <p>Replace your light bulbs with energy-efficient ones and hand out a few for friends to use.</p>	<p>11</p> <p>Sell old items online (Ebay, for example) and donate the profits to a good cause.</p>	<p>12</p> <p>Resolve to be less judgmental in your day-to-day life.</p>	<p>Make Your Dreams Come True Day 13</p> <p>Make a list of goals to accomplish this new year that will help make your dreams come true.</p>	<p>Organize Your Home Day 14</p> <p>Kick off the new year with a fresh start by organizing and cleaning your home.</p>	<p>15</p> <p>Purchase groceries for the person in front of you in the express line.</p>
<p>Do Nothing Day 16</p> <p>Spend time with your family or friends playing board games, sharing laughs, and creating memories.</p>	<p>Martin Luther King Day 17</p> <p><b>FREE DAY!</b> Self-reflect about how you can be a person of integrity.</p>	<p>18</p> <p>Make an appointment for an annual checkup with your doctor and dentist.</p>	<p>Popcorn Day  19</p> <p>Invite some close friends over for popcorn and movie night.</p>	<p>20</p> <p>Create a care bag for an unhoused person with some gloves, scarf, treats, hygiene products and a gift card.</p>	<p>21</p> <p>Plan one big new adventure this year, go skydiving, swim with the dolphins, etc.</p>	<p>22</p> <p>Get Involved! Sign up to join a community-related cause.</p>
<p>23</p> <p>Plan a brunch with your friends.</p>	<p>Belly Laugh Day 24</p> <p>Call a friend or relative and make them laugh out loud.</p>	<p>Opposite Day 25</p> <p>Go outside your comfort zone today.</p>	<p>Spouse Day 26</p> <p>Plan a spontaneous date with your partner doing things you both love.</p>	<p>27</p> <p>Expand your mind. Sign up for a free class or workshop to learn something new.</p>	<p>Fun at Workday 28</p> <p>Host a pizza lunch party at work and invite your co-workers.</p>	<p>Puzzle Day 29</p> <p>Tap into your creative side! Write, paint, sing, or dance.</p>
<p>30</p> <p>Do something that fills you with joy today.</p>	<p>31</p> <p>Empty and read the notes in the gratitude jar you collected this month.</p>	<p>Black History Month / Chinese New Year 1</p>	<p>Groundhog Day 2</p>	<p>3</p>	<p>4</p>	<p>5</p>

# FEBRUARY 2022

make kindness the norm.



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
30	31	1 Black History Month / Chinese New Year	2 Groundhog Day	3 Feed the Birds Day	4 Thank your Mail Carrier Day	5  Play Cupid. Introduce two single people who you think would make a great match.																																																																																																		
6 Super Bowl Host a fun Super Bowl get together with friends.	7 Send a Card to a Friend Day Write encouraging letters to strangers who need them. Google "The World Needs More Love Letters" for details. 	8 Plan to send an anonymous bouquet of flowers or candy to your local nursing home. 	9 Bagel and Lox Day Show appreciation! Bring a variety of bagels to work for your team to enjoy. 	10 Donate interview appropriate clothes to disadvantaged individuals entering the workplace at DressForSuccess.org.	11 Make a Friend Day Host a dinner with acquaintances and invite someone new to the group. 	12 FREE DAY! Find a way to show someone you care.																																																																																																		
13 World Radio Day Create a music playlist that inspires you and put it on your phone to listen to regularly.	14 Valentine's Day Hide a love note for your partner in their bag or wallet for them to find during their workday.	15 Think of ways you could be more inclusive at work and in your community.	16 Volunteer to feed the hungry at a shelter or assist in a local food drive.	17 Random Acts of Kindness Day Place encouraging and cheerful notes on three stranger's cars. Visit careforthree.com to become part of a movement.	18 Plan your perfect day and go out and live it.	19 Arrange a romantic date night with your partner.																																																																																																		
<b>RANDOM ACTS OF KINDNESS WEEK! VISIT <a href="http://WWW.RANDOMACTSOFKINDNESS.ORG">WWW.RANDOMACTSOFKINDNESS.ORG</a> AND GET INVOLVED!</b>																																																																																																								
20 Bring a pot of tea over to an elderly neighbor's home to enjoy over a long chat.	21 President's Day Plan a neighborhood cleanup day with neighbors to pick up litter.	22 Be Humble Day Buy flowers or a new plant for your office space and an extra one for a co-worker. 	23 National Pie Day Collect baby clothes and supplies and donate to new parents who need them.	24 National Compliment Day Give out sincere compliments today.	25 Learn something new. Take a dance or exercise class.	26 Tell a Fairy Tale Day Read a bedtime story to the child in your life. 																																																																																																		
27 Practice a moment of self-reflection today.	28 Purchase coffee for your team members and write words of affirmation on the lids.	1 Start of Women's History Month	2 World Teen Mental Wellness Day / Ash Wednesday	3	<p style="text-align: center;"><b>JANUARY</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table> <p style="text-align: center;"><b>MARCH</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</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>		S	M	T	W	Th	F	S	26	27	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	S	M	T	W	Th	F	S	27	28	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
S	M	T	W	Th	F	S																																																																																																		
26	27	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																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
27	28	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																																																																																																		

# MARCH 2022

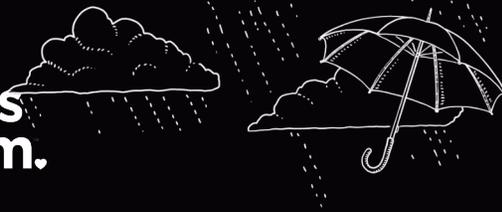
make  
kindness  
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
27	28	1 Start of Women's History Month  FREE DAY! Live your Passion.	2 World Teen Mental Wellness Day / Ash Wednesday  Become a volunteer teen-crisis counselor.	3  Google "You Matter Marathon" and sign up to pass your "You Matter" cards along to strangers, or leave in public places.	4 Employee Appreciation Day  Send your employees a sincere note of thanks for their hard work along with a gift card. 	5 Learn What Your Name Means Day  Discover your family tree and share your findings with your relatives.																																																																																																		
Day of Unplugging 6  Plan a weekend getaway in nature and unplug from all electronic devices.	 7  Use less plastic and be more conscious about recycling.	International Women's Day  8  Show your love! Send your mother or maternal figure a large bouquet of flowers or thoughtful gift.	Get Over It Day 9  Forgive an old grudge.	Pack Your Lunch Day 10  Pack extra lunches and hand them out to those in need.	 11  Take the children in your life out for a fun afternoon in an amusement park.	Plant a Flower Day 12  Relax by planting new flowers in your garden.																																																																																																		
Daylight Saving Time Begins / Good Samaritan Day 13  Help a stranger in need (for example, help fix a flat tire).	14  Everyone is important. Learn the names of your receptionist, security guard, and custodians.	Passover Begins 15  Pick a street and write "Have a great day!" messages on every driveway in colorful chalk.	16  Contribute a small sum of money to grant a wish of a foster youth.	St. Patrick's Day 17  Host a potluck dinner and suggest guests bring a dish from their original or adoptive culture.	Absolutely Incredible Kid Day 18  Encourage a young person to pursue their dreams and offer help to achieve their goals.	 19  Take a hot bath. Soak in a hot tub, preferably with epsom salt and aromatherapy oils.																																																																																																		
International Day of Happiness / First Day of Spring 20  Surprise your local market's cashier with a flower bouquet and thank them for all their hard work.	World Poetry Day 21  Spend the afternoon reading some poetry or a novel from your favorite author.	International Goof Off Day  22  Listen to an upbeat playlist while you're getting ready or on your commute to work.	23  Put coins in an expired parking meter.	24  Do an act of kindness for someone and encourage them to pay it forward.	25  Invite a small group of friends out for a fun night of bowling.	Make Up Your Own Holiday Day 26  Create your own fun tradition with family or friends.																																																																																																		
27  Make an effort to be more authentic.	28  Create a kindness idea basket for co-workers to add to and grab ideas from.	 29  Babysit, dog sit, or cat sit for free.	Take a Walk in the Park Day 30  Go to a park and spend a relaxing afternoon taking nature photos.	31  Organize a volunteer activity with friends.	<p><b>FEBRUARY</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>30</td><td>31</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>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> </table> <p><b>APRIL</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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>		S	M	T	W	Th	F	S	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	1	2	3	4	5	6	7	8	9	10	11	12	S	M	T	W	Th	F	S	27	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	1	2	3	4	5	6	7
S	M	T	W	Th	F	S																																																																																																		
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	1	2	3	4	5																																																																																																		
6	7	8	9	10	11	12																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
27	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																																																																																																		
1	2	3	4	5	6	7																																																																																																		

# APRIL 2022

make  
kindness  
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>MARCH</b></p> <p>S M T W Th F S</p> <p>27 28 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31 1 2</p> <p>3 4 5 6 7 8 9</p>	<p><b>MAY</b></p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31 1 2 3 4</p> <p>5 6 7 8 9 10 11</p>	<p>29</p> <p>Take a Walk in the Park Day</p>	<p>30</p>	<p>31</p> <p>April Fools Day</p> <p>Pull a playful prank on your coworkers.</p>	<p>1</p> <p>Ramadan Begins</p> <p>Start an outdoor hobby to enjoy such as biking or hiking.</p>	<p>2</p>
<p>World Party Day 3</p> <p>Do something childlike today such as, using the swing or riding a roller coaster.</p> 	<p>4</p> <p>Buy some lottery tickets and hand them out to passersby with a smile, asking them to try their luck.</p>	<p>5</p> <p>Hand out free umbrellas to strangers in the street on a rainy day.</p> 	<p>6</p> <p>Leave an inspiring poem or painting somewhere in the community for someone to randomly discover.</p>	<p>World Health Day 7</p> <p>Make a conscious effort to hydrate, exercise, and eat better more often.</p>	<p>Day of Silence 8</p> <p>Visit your favorite quiet place and be present.</p>	<p>9</p> <p>Download a meditation app and try it out tonight before bed.</p>
<p>Siblings Day / Palm Sunday 10</p> <p>Call your siblings and tell them you appreciate them.</p>	<p>National Pet Day 11</p>  <p>Take old blankets and towels to a local animal shelter.</p>	<p>12</p> <p>Treat everyone you meet today with respect.</p>	<p>Scrabble Day 13</p> <p>Invite some family or friends over for a fun game of scrabble or chess.</p>	<p>Look up at the Sky Day 14</p> <p>Be present. Lie in the grass and stare up at the sky.</p>	<p>Good Friday / World Art Day 15</p> <p>Support your local art community by making a purchase from a local artist.</p>	<p>16</p> <p>Send dessert anonymously to another table in a restaurant.</p>
<p>Easter Sunday 17</p> <p>Take today to kick back, relax, and reflect on what's important in life.</p>	<p>18</p> <p>Wake up early to exercise before going to work.</p>	<p>19</p> <p>Send cheerful cards to lonely seniors.</p>	<p>20</p> <p>FREE DAY! Show compassion in one way today.</p>	 <p>21</p> <p>Leave dollar bills on the shelves at the local dollar store with a note that says "treat yourself to anything in the store, on me."</p>	<p>Earth Day 22</p>  <p>Reduce your carbon footprint! Walk or bike to work.</p>	<p>23</p> <p>Be kind to people both online and offline; cyber-bullying hurts too.</p>
<p>24</p> <p>Check in with a friend or family member to make sure they're doing well.</p>	<p>25</p>  <p>Bring in treats to add to your office pantry for your team members to enjoy.</p>	<p>26</p>  <p>Leave a note on the public restroom mirror that says "you look great!"</p>	<p>27</p> <p>Email a joke or funny video to a group of friends.</p>	<p>Take your Child to Work Day 28</p> <p>Plan a special day out with your child, niece or nephew.</p>	<p>International Dance Day 29</p>  <p>Blast some music and dance like you just don't care.</p>	<p>Honesty Day 30</p> <p>Attempt to be more honest in your relationships.</p>

# MAY 2022

make kindness the norm.

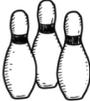


SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Ask your neighbors if they need you to pick up groceries while you shop.	2 Write a sweet, encouraging note and put it in your child's lunch box or under their pillow.	3 Pay the toll for the driver behind you.	4 Star Wars Day Treat the children in your life to a sci-fi movie today.	5 Cinco de Mayo Invite friends over for dinner to celebrate Mexican culture and heritage today.	6  Plan a family camping trip.	7 Free Comic Book Day Buy the child in your life their favorite comic book.																																																																																																		
8 Mother's Day  Gift your mother a scrapbook of shared favorite family memories.	9 Organize a "Charity Day" at work.	10  Slip a \$10 bill in with a random box of diapers at the store.	11 Eat What you Want Day Eat what you want today and savor every bite.	12 International Nurses Day  Take flowers or treats to the nurses' station at your nearest hospital.	13 Friday the 13th Spend time in nature and recharge by going on a hike.	14  Watch the sunset on a hammock with someone special.																																																																																																		
15 Chocolate Chip Cookies Day Deliver homemade cookies to a neighbor.	16 FREE DAY! Get creative! Make up your own random act of kindness today!	17 Donate to an endangered species charity.	18 No Dirty Dishes Day Show your appreciation by doing a household chore that your partner normally does.	19 Bring gently used clothing and footwear to your local donation station.	20 Tip your waitstaff generously with a note thanking them for their great service. 	21 Set aside some time today for self-care.																																																																																																		
22 Buy a Musical Instrument Day Commit to learning how to play a new musical instrument this year.	23 Use reusable grocery bags and hand a few extras out to other shoppers.	24 Plan to attend a cultural event in your community.	25 Africa Day Take a long walk on the beach or a quiet trail on a sunny day.	26 Put together a self-care basket for a stressed-out friend or relative.	27 Sunscreen Day  Purchase small sunscreen bottles and pass them out to friends/ coworkers to use this summer.	28 Invite a friend, neighbor, or co-worker home for dinner.																																																																																																		
29 Shop small. Support your local mom and pop shops.	30 Memorial Day  Have a yard sale and donate the profits to your favorite charity.	31 Volunteer with your local fire station or rescue team.	1	2	<p><b>APRIL</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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> <p><b>JUNE</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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>		S	M	T	W	Th	F	S	27	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	1	2	3	4	5	6	7	S	M	T	W	Th	F	S	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	1	2	3	4	5	6	7	8	9
S	M	T	W	Th	F	S																																																																																																		
27	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																																																																																																		
1	2	3	4	5	6	7																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
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	1	2																																																																																																		
3	4	5	6	7	8	9																																																																																																		

# JUNE 2022

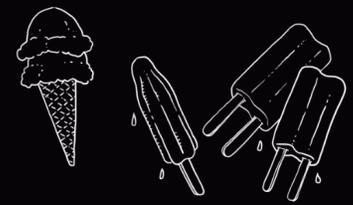
make kindness the norm.



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
29 Memorial Day	30	31 	1 Say Something Nice Day Take fresh-baked goods to a police, or fire station with a note of thanks for their service.	2 Cook a meal or do a load of laundry for a friend who has just had a baby.	3  Invite a small group of friends out for a fun night of bowling.	4 Have each guest at the dinner table say aloud one thing they are grateful for.																																																																																																		
5 World Environment Day Participate in the cleanup of a local river, pond, or lake.	6 Donate a vacation or sick day to a colleague who's struggling with an illness or caring for a sick loved one.	7 Set up a free flower stand in your neighborhood.	8 Best Friend Day Send your best friend a framed picture of a special moment between you both.	9  Leave bottles of bubbles inside a children's park for them to find with a note that says "FREE BUBBLES!"	10 FREE DAY! How can you build a new relationship?	11  Offer a glass of iced tea to a neighbor doing yard work.																																																																																																		
12  Find time to read an inspiring book.	13 Be mindful of the energy you bring to your workplace.	14 World Blood Donor Day Register to become a donor this year.	15 Nature Photography Day Spend time in nature and take pictures.	16 Attend a caring support group or make new friends by attending a local event at meetup.com.	17 Let someone else take an available parking spot.	18 International Picnic Day Plan a picnic with your family or friends.																																																																																																		
19 Juneteenth / Father's Day Treat your father figure to dinner at his favorite restaurant.	20 Acknowledge all of your co-workers with a big smile and warm greeting.	21 Write a letter to yourself at futureme.org about your positive attributes to read at a later date.	22 Put aside your own viewpoint and try to view things from the other person's perspective.	23 Leave a basket of food for a family who is struggling financially.	24 Make dinner for a neighbor who has just had a baby or surgery.	25  Go stargazing in the evening.																																																																																																		
26  Mow your neighbor's lawn, rake their leaves, or sweep their sidewalk as a surprise.	27 Be courteous and offer your seat to another on the train or bus.	28 Donate 'like new' stuffed animals and toys to charities or shelters for children to enjoy.	29 When others are gossiping, be the one to chime in with something positive.	30 Offer a cold bottle of water to someone working outside in the heat.	<p><b>MAY</b></p> <table border="1"> <tr><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></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> </table> <p><b>JULY</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table>		S	M	T	W	Th	F	S	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	10	11	S	M	T	W	Th	F	S	26	27	28	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
S	M	T	W	Th	F	S																																																																																																		
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	10	11																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
26	27	28	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																																																																																																		

# JULY 2022

make kindness the norm.

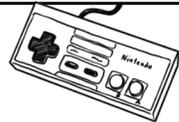


SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
26	27	28	29	30	1 International Joke Day Make a bucket list and start by completing one thing on it by the end of this month.	2 FREE DAY! Do something creative!																																																																																																		
3 Compliment your Mirror Day Wear an outfit that makes you feel great.	4 Independence Day Get together with family and friends for a festive Fourth of July picnic.	5 Slow down so someone can merge in front of you in traffic.	6 Volunteer at a local animal shelter.	7 Donate your old cell phone or other electronics to charity.	8 Reconnect with a long-lost friend or family member.	9 Treat yourself to a session of acupuncture or a massage.																																																																																																		
10 Be accountable for everything you do or say today.	11 Get to work early and put a special treat on each team member's desk as a nice surprise.	12 Simplicity Day Listen to an inspirational podcast or TED talk.	13 Embrace Your Geekness Day Treat a good friend to a sci-fi movie.	14 Leave a basket of snacks and bottled water by your front door at home and at work for delivery workers.	15 Keep in touch with your friends! Call them or suggest meeting for coffee.	16 Keep a special journal of inspiring quotes.																																																																																																		
17 Ice Cream Day Take the child in your life out for an ice cream treat today.	18 Mentor someone this month and share your expertise.	19 Change three small things about your routine that will help the environment.	20 Listen intently and don't interrupt.	21 Grow your hair out with the intention to donate to Locks of Love. (10" minimum)	22 Plan a fun night out at a comedy club with close friends.	23 Ride Like the Wind Day Let your spouse sleep in when it's his/her turn to get up early with the kids.																																																																																																		
24 Parent's Day Visit your parents and make them dinner.	25 Write a list of things you love about someone and give it to them.	26 Uncle and Aunt Day Send your Aunt or Uncle a thoughtful card.	27 Tape bus fare to a bus stop for someone in need.	28 Give away one of your possessions for free to someone who needs it more.	29 Do some sort of exercise that you love; ride a bike, walk, swim, or yoga. Whatever it is, do it for you.	30 Muharram Begins Attend a veteran's funeral who does not have family.																																																																																																		
31 Take a moment to recognize your achievements no matter how small or large.	1	2	3	4	<p style="text-align: center;">JUNE</p> <table border="1" style="font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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> <p style="text-align: center;">AUGUST</p> <table border="1" style="font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></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> </table>		S	M	T	W	Th	F	S	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	1	2	3	4	5	6	7	8	9	S	M	T	W	Th	F	S	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	8	9	10
S	M	T	W	Th	F	S																																																																																																		
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	1	2																																																																																																		
3	4	5	6	7	8	9																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
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	8	9	10																																																																																																		

# AUGUST 2022

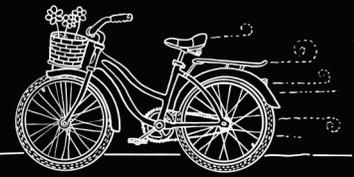
make kindness the norm.

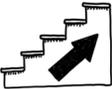


SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
31	1 Donate, volunteer, or raise awareness for a charity that helps a cause you're passionate about.	2 Help someone who is carrying a heavy load.	 3 Name a star after someone.	4 Build a "Little Free Library" box in your yard for neighbors to borrow from or donate to.	5 Anonymously pay for someone else's bill at a café or restaurant.	6 Shop at your local farmer's market. 																																																																																																		
7 FREE DAY! How can you show respect today?	8 When paying bills, add a fun message along with your payments.	Book Lover's Day  9 Send a friend a book you think they might enjoy.	10 Ride a bicycle! Spend the day riding with friends or family in a park or on a scenic bike path.	Son and Daughter Day 11 Spend the afternoon going to the zoo with the children in your life.	 12 Tape coins or hide small toys around a playground for kids to find.	13 Give your partner more affection and attention today.																																																																																																		
14 Make a simple bird feeder and hang it outdoors for local wildlife to enjoy. 	Relaxation Day 15 Pamper yourself! Get a manicure, pedicure, or your hair done.	16 Get Involved! Sign up to join a community-related cause.	17 Become a "Big Brother" or "Big Sister".	18 Purchase a dozen stem roses and randomly hand them to passersby to brighten their day. 	World Humanitarian Day 19 Start a free fresh food pantry in your local community where neighbors could donate to or take from when needed.	20 Spend time today journaling or visualizing what you would like your life to look like in the future.																																																																																																		
21 Set up a booth offering free lemonade.	22 Leave an inspiring book on the train or bus with a note to pass it on.	23 Take your change to a Coinstar machine and donate your collection to charity.	24 Apologize to someone with whom you've had a past conflict.	25 Plant a tree in memory of someone.	Dog Appreciation Day  26 Purchase a new toy for your pet.	27 Treat yourself and a good friend to a spa day.																																																																																																		
28 Refrain from complaining today.	 29 Donate video games to your local children's hospital.	30 Sign up for a shift at your local soup kitchen.	Eat Outside Day 31 Host an outdoor dinner on a warm evening with family or friends.	1	<p><b>JULY</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> <p><b>SEPTEMBER</b></p> <table border="1"> <tr><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></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>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table>		S	M	T	W	Th	F	S	26	27	28	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	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	1	2	3	4	5	6	7	8
S	M	T	W	Th	F	S																																																																																																		
26	27	28	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																																																																																																		
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	1																																																																																																		
2	3	4	5	6	7	8																																																																																																		

# SEPTEMBER 2022

make kindness the norm.



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>AUGUST</b></p> <p>S M T W Th F S</p> <p>31 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31 1 2 3</p> <p>4 5 6 7 8 9 10</p>	<p><b>OCTOBER</b></p> <p>S M T W Th F S</p> <p>25 26 27 28 29 30 1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31 1 2 3 4 5</p>	30	31	 <p>1</p> <p>Surprise someone with a thoughtful, inexpensive gift.</p>	2	<p>Plan a neighborhood block party so everyone can get to know each other better.</p>
4	Labor Day 5	Read a Book Day 6	7	8	9	10
<p>Buy a decadent treat at the grocery store or your favorite bakery for yourself.</p>	<p>Take a scenic drive to the mountains to enjoy the Fall foliage.</p>	<p>Start a new book about a topic that is completely unknown to you.</p>	<p>Send a framed family photo to your parents or grandparents.</p>	<p>Donate books, puzzles, and games to elementary schools or daycare centers.</p>	<p>FREE DAY! How can I show generosity today?</p>	<p>Leave a jar of coins for others to use at a wishing fountain.</p>
World Suicide Prevention Day 11	 <p>12</p> <p>Share your career goals with your boss or a colleague.</p>	Positive Thinking Day 13	 <p>14</p> <p>Donate shoes, boots, and warm clothes to a homeless shelter.</p>	15	Collect Rocks Day 16	National Clean Up Day 17
<p>Offer to help someone who has just endured a major life event or loss.</p>		<p>Become an agent of positivity.</p>	<p>Put some change in an envelope and tape it to a 25¢ candy vending machine.</p>	<p>Paint inspiring words on rocks and leave them in the community for others to find.</p>	<p>Gather some coworkers to help pick up trash in your local park during lunch.</p> 	
 <p>18</p> <p>Play a board game or do a puzzle with friends and/or family.</p>	19	20	International Day of Peace 21	22	23	24
	<p>Make a list of five things you are grateful for.</p>	<p>Start a Kindness Club at your school or workplace.</p>	<p>Say something nice to someone you do not particularly like.</p>	<p>Start a chain of kindness and pay for the next person's order at a drive-thru.</p>	 <p>Pay attention to your internal dialogue.</p>	<p>Do something crafty, such as knitting, sewing, or painting.</p>
Rosh Hashanah Begins 25	Love Note Day 26	World Tourism Day 27	Good Neighbor Day 28	29	30	1
<p>Send a handwritten letter to someone who's made a difference in your life.</p>	<p>Make the switch to cruelty-free products.</p>	<p>Get out and explore! Be a tourist in your own city for a day.</p>	<p>Leave extra quarters in a zip up bag and tape it to coin-op laundry machines with a note that says, "Your next load is on me".</p> 	<p>Leave a positive note in library books for strangers to discover.</p>	<p>Ask for and accept help when needed.</p>	

# OCTOBER 2022

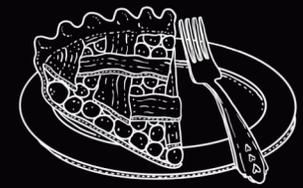
make kindness the norm.



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>SEPTEMBER</b></p> <p>S M T W Th F S</p> <p>28 29 30 31 1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 1</p> <p>2 3 4 5 6 7 8</p>	<p><b>NOVEMBER</b></p> <p>S M T W Th F S</p> <p>30 31 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 1 2 3</p> <p>4 5 6 7 8 9 10</p>	<p>World Tourism Day 27</p>	<p>Good Neighbor Day 28</p>	<p>29</p>	<p>30</p>	<p>International Coffee Day 1</p>
<p>2</p> <p>Refrain from jumping to conclusions today.</p>	<p> 3</p> <p>Remember team members' birthdays and important events and celebrate them!</p>	<p>4</p> <p>Yom Kippur Begins / Taco Day</p> <p>Do something that you find challenging today.</p>	<p>5</p> <p>World Teachers' Day</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>World Smile Day</p> <p>Smile at everyone you meet today.</p>	<p>8</p> <p> you ok? <small>DELIVERED</small></p> <p>Text a friend to make sure they got home safely after a night out.</p>
<p>9</p> <p>Curious Events Day</p> <p>Allow someone to merge ahead into traffic.</p>	<p> 10</p> <p>World Mental Health Day</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 to learn something new.</p>	<p>14</p> <p>Leave un-carved 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>International Observe the Moon Night</p> <p>Bring a friend or family member a souvenir from a trip.</p>	<p>17</p> <p>Stay a little later to assist a co-worker 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>FREE DAY! Do something meaningful today.</p>	<p>22</p> <p>Do yoga or meditate.</p>
<p>23</p> <p>Set positive intentions for the week.</p>	<p>24</p> <p>Send someone who is sick some chicken soup and a get-well card.</p>	<p>25</p> <p>Write a list of tasks you have been procrastinating and work on completing them today.</p>	<p>26</p> <p>Make an appointment with your financial advisor to discuss your financial portfolio.</p>	<p>27</p> <p>Foster animals that the shelters do not have space for.</p>	<p>28</p> <p>Do something that makes YOU happy today.</p>	<p> 29</p> <p>Write a letter to yourself, forgiving past mistakes.</p>
<p>30</p> <p>Candy Corn Day</p> <p>Try out a new recipe and share it with others.</p>	<p>31</p> <p>Halloween</p> <p>Paint positive messages on pumpkins and leave them around the community.</p> <p></p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>

# NOVEMBER 2022

make kindness the norm.



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
30	31	1	2	3	4	5																																																																																																		
		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.	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.	Start a community collection for a family or someone in desperate need.																																																																																																		
6	7	Election Day 8	9	Vanilla Cupcake Day 10	Veteran's Day 11	12																																																																																																		
Create a fun family time capsule of nostalgic items with shared memories to open together in the future.	 Knit something for someone to cherish.	 Make your voice heard and cast your vote.	Stay a little later to help a colleague struggling to finish a project.	Create a Birthday Box for someone special filled with keepsakes.	Thank a veteran by donating to a worthy cause in their name or lend a hand in a VA hospital.	 Send coloring books, toys, and balloons to a children's hospital.																																																																																																		
World Kindness Day 13	14	Clean Out Your Refrigerator Day 15	16	Take a Hike Day 17	Hanukkah Begins 18	19																																																																																																		
Hand 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.	 Plan a road trip to someplace new.	Join a group that shares your own interests.	 Plan to become CPR-certified next year.																																																																																																		
20	21	22	23	Thanksgiving 24	Native American Day 25	Cakes Day 26																																																																																																		
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.	Host a dinner and ask everyone to write a note about what they appreciate about each guest to read aloud before dinner.	Invite a new co-worker to lunch.	FREE DAY! How can I show appreciation today?	Donate to a charity that helps create equality.	Bake a cake for a friend or partner for their birthday or special occasion. 																																																																																																		
27	28	29	30	Rosa Parks Day 1	<p><b>OCTOBER</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table> <p><b>DECEMBER</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</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>		S	M	T	W	Th	F	S	25	26	27	28	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	S	M	T	W	Th	F	S	27	28	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
S	M	T	W	Th	F	S																																																																																																		
25	26	27	28	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																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
27	28	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																																																																																																		
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.	Silence any negative thoughts, self-doubt, or judgments today.	Be welcoming to a new neighbor, classmate, or co-worker.																																																																																																					

# DECEMBER 2022

make kindness the norm.



SUN	MON	TUE	WED	THU	FRI	SAT	
<p><b>NOVEMBER</b></p> <p>S M T W Th F S</p> <p>30 31 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 1 2 3</p> <p>4 5 6 7 8 9 10</p>	<p><b>JANUARY</b></p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31 1 2 3 4</p> <p>5 6 7 8 9 10 11</p>	29	30	<p>Rosa Parks Day</p> <p>1</p> <p>FREE DAY! How can you show courage today?</p>	<p>2</p> <p>Create a Kindness Tree and ask family and friends to decorate it with ornaments that have notes attached of a kind act they did.</p>	<p>3</p> <p>Make a Gift Day</p> <p>Create handmade holiday gifts for friends, family and co-workers.</p>	
<p>4</p> <p>Send an unexpected, handwritten postcard or letter to a loved one.</p> 	<p>5</p> <p>Hi! Hello!</p> <p>Talk to the person sitting by themselves at a party.</p>	6	<p>7</p> <p>Letter Writing Day</p> <p>Join Soldiers' Angels and send a holiday care package to a deployed service member.</p>	8	9	<p>10</p> <p>Human Rights Day</p> <p>Donate to a global charity of your choice.</p>	
11	12	13	14	<p>15</p>  <p>Purchase a Christmas tree for a family that can't afford one.</p>	16	17	<p>Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season.</p>  <p>Get festive and decorate your home for the holidays.</p>
 <p>18</p> <p>Leave unused coupons next to the corresponding products at the grocery store.</p>	<p>19</p>  <p>Help a neighbor shovel snow or complete a household chore.</p>	20	<p>21</p> <p>Ugly Sweater Day / 1st Day of Winter</p> <p>Host an ugly sweater day party at work.</p>	22	23	24	<p>Christmas Eve</p> <p>Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.</p>
<p>Christmas Day</p> <p>25</p> <p>Gift a loved one an experience rather than a material gift.</p>	26	27	28	 <p>29</p> <p>Donate towels or blankets to an animal shelter.</p>	30	31	<p>New Year's Eve</p> <p>Write a list of goals you would like to accomplish in your life.</p>