

KINDNESS CALENDAR

31 Days of Sharing Care

1

Learn to say
"no."

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.