

NOVEMBER 2018

MONDAY

TUESDAY

WEDNESDAY

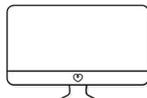
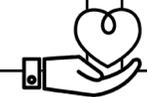
THURSDAY

FRIDAY

SATURDAY

SUNDAY

Gratitude

<p>5</p> <p>Tell 3 people why you're grateful for them</p>	<p>6</p> <p>Spend a day saying only nice things about other people</p>	<p>7</p> <p>Leave a reusable bag in a shopping cart with a note that it's free for the taking</p>	<p>1</p> <p>Start a gratitude journal for the entire month of November</p>	<p>2</p> <p>Write down 10 things you are grateful for right now</p>	<p>3</p> <p>Do something (anything!) outside</p> 	<p>4</p> <p>Slip a \$10 bill into a box of diapers</p>
<p>12</p> <p>Ask someone how they are and really listen to the answer</p> 	<p>13</p> <p>Be loud with your kindness today and go wild!</p> <p>World Kindness Day</p> 	<p>14</p> <p>Be kind online</p> 	<p>8</p> <p>Cover for a coworker so they can leave early</p> 	<p>9</p> <p>Offer to babysit or pet sit for someone for free</p>	<p>10</p> <p>Volunteer at an animal shelter, soup kitchen, or nursing home</p>	<p>11</p> <p>When you write on a piece of paper, use all of it</p>
<p>19</p> <p>Try to find the goodness in someone you don't like</p>	<p>20</p> <p>Donate canned goods to the food drive at your local grocery store</p>	<p>21</p> <p>Say hello to a stranger & genuinely ask how they are</p> <p>World Hello Day</p>	<p>15</p> <p>Befriend a lonely person</p>	<p>16</p> <p>Give warm clothes, boots, coats to the homeless</p> 	<p>17</p> <p>Donate old books to a school in need</p> <p>Students Day</p>	<p>18</p> <p>Text three people right now telling them why you're grateful for them</p>
<p>26</p> <p>Roll your neighbor's bins out on trash day</p> 	<p>27</p> <p>Volunteer your time or donate to a cause you care about</p> <p>Giving Tuesday</p>	<p>28</p> <p>Leave quarters in a vending machine for someone to enjoy a free snack</p>	<p>22</p> <p>Write about gratitude in your journal for 20mins</p> <p>Thanksgiving</p>	<p>23</p> <p>Tell your best friend or partner that you love them</p>	<p>24</p> <p>Be kind to yourself today (and everyday)</p> 	<p>25</p> <p>Put a bouquet of flowers in a vase and donate it to the nurse's station at your local hospital</p>

KIND ACTS COMPLETED: ___ / 30