

OCTOBER 2022

make kindness the norm.



SUN	MON	TUE	WED	THU	FRI	SAT
<p>SEPTEMBER</p> <p>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</p>	<p>NOVEMBER</p> <p>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 29 30 1 2 3 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>Yom Kippur Begins / Taco Day 4</p> <p>Do something that you find challenging today.</p>	<p>World Teachers' Day 5</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>World Smile Day 7</p> <p>Smile at everyone you meet today.</p>	<p> 8</p> <p>Buy someone a gift certificate to their favorite coffee shop.</p>
<p>Curious Events Day 9</p> <p>Allow someone to merge ahead into traffic.</p>	<p>World Mental Health Day  10</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>International Observe the Moon Night 16</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>Candy Corn Day 30</p> <p>Try out a new recipe and share it with others.</p>	<p>Halloween 31</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>