

NOVEMBER 2022

make
kindness
the norm.



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		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.																																																																																																		
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Create a fun family time capsule of nostalgic items with shared memories to open together in the future.	Knit something for someone to cherish.	Election Day Make your voice heard and cast your vote.	Stay a little later to help a colleague struggling to finish a project.	Vanilla Cupcake Day Create a Birthday Box for someone special filled with keepsakes.	Veteran's Day 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.																																																																																																		
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World Kindness Day Hand out free hot coffee to commuters waiting for their bus/train.	Put your phone away while in the company of others.	Clean Out Your Refrigerator Day 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.	Take a Hike Day Plan a road trip to someplace new.	Hanukkah Begins Join a group that shares your own interests.	Plan to become CPR-certified next year.																																																																																																		
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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.	Thanksgiving FREE DAY! How can I show appreciation today?	Native American Day Donate to a charity that helps create equality.	Cakes Day Bake a cake for a friend or partner for their birthday or special occasion.																																																																																																		
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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.	Rosa Parks Day																																																																																																				