

MARCH 2023

make
kindness
the norm.™

SUN

MON

TUE

WED

THU

FRI

SAT

FEBRUARY

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	1	2	3	4
5	6	7	8	9	10	11

APRIL

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	1	2	3	4	5	6

			1	2	3	4
			Become a volunteer teen-crisis counselor.	Google "You Matter Marathon" and sign up to pass your "You Matter" cards along to strangers, or leave in public places.	Send your employees a sincere note of thanks for their hard work along with a gift card.	Discover your family tree and share your findings with your relatives.
5	6	7	8	9	10	11
Plan a weekend getaway in nature and unplug from all electronic devices.	Use less plastic and be more conscious about recycling.	Show your love! Send your mother or maternal figure a large bouquet of flowers or thoughtful gift.	Forgive an old grudge.	Pack extra lunches and hand them out to those in need.	Take the children in your life out for a fun afternoon in an amusement park.	Relax by planting new flowers in your garden.
12	13	14	15	16	17	18
Help a stranger in need (for example, help fix a flat tire).	Everyone is important. Learn the names of your receptionist, security guard, and custodians.	Pick a street and write "Have a great day!" messages on every driveway in colorful chalk.	Contribute a small sum of money to grant a wish of a foster youth.	Host a potluck dinner and suggest guests bring a dish from their original or adoptive culture.	Encourage a young person to pursue their dreams and offer help to achieve their goals.	Take a hot bath. Soak in a hot tub, preferably with epsom salt and aromatherapy oils.
19	20	21	22	23	24	25
Surprise your local market's cashier with a flower bouquet and thank them for all their hard work.	Spend the afternoon reading some poetry or a novel from your favorite author.	Listen to an upbeat playlist while you're getting ready or on your commute to work.	Put coins in an expired parking meter.	Do an act of kindness for someone and encourage them to pay it forward.	Invite a small group of friends out for a fun night of bowling.	Create your own fun tradition with family or friends.
26	27	28	29	30	31	
Make an effort to be more authentic.	Create a kindness idea basket for co-workers to add to and grab ideas from.	Babysit, dog sit, or cat sit for free.	Go to a park and spend a relaxing afternoon taking nature photos.	Organize a volunteer activity with friends.	FREE DAY! Live your passion.	