

APRIL 2023

make
kindness
the norm.™

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
26	27	28	29	30	31	1 Start an outdoor hobby to enjoy such as biking or hiking.																																																																																																		
2 Do something childlike today such as, using the swing or riding a roller coaster.	3 Buy some lottery tickets and hand them out to passersby with a smile, asking them to try their luck.	4 Hand out free umbrellas to strangers in the street on a rainy day.	5 Leave an inspiring poem or painting somewhere in the community for someone to randomly discover.	6 Make a conscious effort to hydrate, exercise, and eat better more often.	7 Visit your favorite quiet place and be present.	8 Download a meditation app and try it out tonight before bed.																																																																																																		
9 Call your siblings and tell them you appreciate them.	10 Take old blankets and towels to a local animal shelter.	11 Treat everyone you meet today with respect.	12 Invite some family or friends over for a fun game of scrabble or chess.	13 Be present. Lie in the grass and stare up at the sky.	14 Support your local art community by making a purchase from a local artist.	15 Send dessert anonymously to another table in a restaurant.																																																																																																		
16 Take today to kick back, relax, and reflect on what's important in life.	17 Wake up early to exercise before going to work.	18 Send cheerful cards to lonely seniors.	19 FREE DAY! Show compassion in one way today.	20 Leave dollar bills on the shelves at a dollar store with a note that says "treat yourself to anything in the store, on me."	21 Reduce your carbon footprint! Walk or bike to work.	22 Be kind to people both online and offline; cyber-bullying hurts too.																																																																																																		
23 Check in with a friend or family member to make sure they're doing well.	24 Bring in treats to add to your office pantry for your team members to enjoy.	25 Leave a note on the public restroom mirror that says "you look great!"	26 Email a joke or funny video to a group of friends.	27 Plan a special day out with your child, niece or nephew.	28 Blast some music and dance like you just don't care.	29 Attempt to be more honest in your relationships.																																																																																																		
30 Plan your perfect day and go out and live it.	1	2	3	<p style="text-align: center;">MARCH</p> <table border="1" style="font-size: small; margin: auto;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> <p style="text-align: center;">MAY</p> <table border="1" style="font-size: small; margin: auto;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>			S	M	T	W	Th	F	S	26	27	28	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	31	1	2	3	4	5	6	7	8	S	M	T	W	Th	F	S	30	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	31	1	2	3	4	5	6	7	8	9	10
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