

AUGUST 2023

make
kindness
the norm.™

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		Help someone who is carrying a heavy load.	Name a star after someone.	Build a "Little Free Library" box in your yard for neighbors to borrow from or donate to.	Anonymously pay for someone else's bill at a café or restaurant.	Shop at your local farmer's market.																																																																																																																
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FREE DAY! How can you show respect today?	When paying bills, add a fun message along with your payments.	Send a friend a book you think they might enjoy.	Ride a bicycle! Spend the day riding with friends or family in a park or on a scenic bike path.	Spend the afternoon going to the zoo with the children in your life.	Tape coins or hide small toys around a playground for kids to find.	Give your partner more affection and attention today.																																																																																																																
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Make a simple bird feeder and hang it outdoors for local wildlife to enjoy.	Pamper yourself! Get a manicure, pedicure, or your hair done.	Get Involved! Sign up to join a community-related cause.	Become a "Big Brother" or "Big Sister".	Purchase a dozen stem roses and randomly hand them to passersby to brighten their day.	Start a free fresh food pantry in your local community where neighbors could donate to or take from when needed.	Spend time today journaling or visualizing what you would like your life to look like in the future.																																																																																																																
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Set up a booth offering free lemonade.	Leave an inspiring book on the train or bus with a note to pass it on.	Take your change to a Coinstar machine and donate your collection to charity.	Apologize to someone with whom you've had a past conflict.	Plant a tree in memory of someone.	Purchase a new toy for your pet.	Treat yourself and a good friend to a spa day.																																																																																																																
27	28	29	30	31	<table border="0"> <thead> <tr> <th colspan="7">JULY</th> <th colspan="7">SEPTEMBER</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> <tr> <td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> </tbody> </table>		JULY							SEPTEMBER							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	25	26	27	28	29	30	1	27	28	29	30	31	1	2	2	3	4	5	6	7	8	3	4	5	6	7	8	9	9	10	11	12	13	14	15	10	11	12	13	14	15	16	16	17	18	19	20	21	22	17	18	19	20	21	22	23	23	24	25	26	27	28	29	24	25	26	27	28	29	30	30	31	1	2	3	4	5	1	2	3	4	5	6	7
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Refrain from complaining today.	Donate video games to your local children's hospital.	Sign up for a shift at your local soup kitchen.	Host an outdoor dinner on a warm evening with family or friends.	Donate, volunteer, or raise awareness for a charity that helps a cause you're passionate about.																																																																																																																		