

SEPTEMBER 2023

make
kindness
the norm.™

SUN

MON

TUE

WED

THU

FRI

SAT

AUGUST

| 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 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |

OCTOBER

| S | M | T | W | Th | F | S |
|----|----|----|----|----|----|----|
| 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 | 11 |

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|---|---|---|---|--|--|--|
| | | | 30 | 31 | 1 | 2 |
| | | | | | Plan a neighborhood block party so everyone can get to know each other better. | Leave a jar of coins for others to use at a wishing fountain. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Buy a decadent treat at the grocery store or your favorite bakery for yourself. | Take a scenic drive to the mountains to enjoy the Fall foliage. | Start a new book about a topic that is completely unknown to you. | Send a framed family photo to your parents or grandparents. | Donate books, puzzles, and games to elementary schools or daycare centers. | FREE DAY! How can I show generosity today? | Help a friend on their moving day. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Offer to help someone who has just endured a major life event or loss. | Share your career goals with your boss or a colleague. | Become an agent of positivity. | Donate shoes, boots, and warm clothes to a homeless shelter. | Put some change in an envelope and tape it to a 25¢ candy vending machine. | Paint inspiring words on rocks and leave them in the community for others to find. | Gather some coworkers to help pick up trash in your local park during lunch. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Play a board game or do a puzzle with friends and/or family. | Make a list of five things you are grateful for. | Start a Kindness Club at your school or workplace. | Say something nice to someone you do not particularly like. | Start a chain of kindness and pay for the next person's order at a drive-thru. | Pay attention to your internal dialogue. | Do something crafty, such as knitting, sewing, or painting. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Send a handwritten letter to someone who's made a difference in your life. | Make the switch to cruelty-free products. | Get out and explore! Be a tourist in your own city for a day. | Tape extra quarters to coin-op laundry machines with a note that says, "Your next load is on me". | Leave a positive note in library books for strangers to discover. | Ask for and accept help when needed. | Surprise someone with a thoughtful, inexpensive gift. |