

DECEMBER 2023

**make
kindness
the norm.**

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
26	27	28	29	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	<p style="text-align: center;">NOVEMBER</p> <table border="1"> <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>29</td><td>30</td><td>31</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>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table> <p style="text-align: center;">JANUARY</p> <table border="1"> <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>31</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	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	7	8	9	S	M	T	W	Th	F	S	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	10
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	29	30	1	2																																																																																																		
3	4	5	6	7	8	9																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
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	10																																																																																																		
Send an unexpected, handwritten postcard or letter to a loved one.	Talk to the person sitting by themselves at a party.	Attend a local event in your community.	Join Soldiers' Angels and send a holiday care package to a deployed service member.	Contribute toys to your local Toys for Tots campaign.	Send holiday cards with inspiring notes to children using the Cardz for Kidz service.	Donate to a global charity of your choice.																																																																																																		
Invite some friends or family members to a fun night out at an Escape Room.	Try a new hobby such as beading or jewelry making.	Be accountable for everything you do or say today.	Start a staff meeting or your first 10 minutes of class with an inspiring video.	Purchase a Christmas tree for a family that can't afford one.	Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season.	Get festive and decorate your home for the holidays.																																																																																																		
Leave unused coupons next to the corresponding products at the grocery store.	Help a neighbor shovel snow or complete a household chore.	Take time out today to crank up and enjoy your favorite holiday music.	Host an ugly sweater day party at work.	Get some friends together and gather treats for delivery workers with a note of appreciation for all their hard work.	Get a few \$5 gift cards to hand out to unsuspecting passersby.	Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.																																																																																																		
Gift a loved one an experience rather than a material gift.	Take a long, solitary walk in the park or in the woods.	Practice mindfulness today. Take deep breaths.	Practice independent, critical thinking.	Donate towels or blankets to an animal shelter.	Respect yourself. Make others aware of your boundaries.	Write a list of goals you would like to accomplish in your life.																																																																																																		
Reflect on all the kind acts you've done this year and celebrate.																																																																																																								