JULY 2024

make kindness the norm.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Make a bucket list and start by completing one thing on it by the end of this month.	2 Do something creative today!	3 Wear an outfit that makes you feel great.	4 Get together with family and friends for a festive July 4th picnic.	5 Slow down so someone can merge in front of you in traffic.	6 Volunteer at a local animal shelter.
7 Donate your old cell phone or other electronics to charity.	8 Reconnect with a long-lost friend or family member.	9 Treat yourself to a session of acupuncture or a massage.	10 Be accountable for everything you do or say today.	11 Get to work early and put a special treat on each team member's desk as a nice surprise.	12 Listen to an inspirational Podcast or TED talk.	13 Invite a friend to a movie you've been wanting to see.
14 Leave a basket of snacks and bottled water by your front door at home and at work for delivery workers.	15 Keep in touch with your friends! Call them or suggest meeting for coffee.	16 Keep a special journal of inspiring quotes.	17 Take the child in your life out for an ice cream treat today.	18 Mentor someone this month and share your expertise.	19 Change three small things about your routine that will help the environment.	20 Listen intently and don't interrupt.
21 Grow your hair out with the intention to donate to Locks of Love. (10" minimum)	22 Plan a fun night out at a comedy club with close friends.	23 Let your spouse sleep in when it's his/her turn to get up early with the kids.	24 Visit your parents and make them dinner.	25 Write a list of things you love about someone and give it to them.	26 Send your aunt or uncle a thoughtful letter or card.	27 Tape bus fare to a bus stop for someone in need.
28 Give away one of your possessions for free to someone who needs it more.	29 Do some sort of exercise that you love; ride a bike, walk, swim, or yoga. Whatever it is, do it for you.	30 Attend a veteran's funeral who does not have family.	31 Take a moment to recognize your achievements no matter how small or large.			

JUNE

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

AUGUST

S	M	T	W	Th	F	S
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	31
1	2	3	4	5	6	7

Visit www.randomactsofkindness.org for more kindness ideas.

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