

**make
kindness
the norm.♥**

This year, write your story.

What is your story?

Can you narrate it easily to others? Are you still working on creating the story? This year, it feels like our stories matter more than ever and sharing them with vulnerability and humility is so important. Each month we offer a theme for you to focus and reflect on while also taking action.

Be thoughtful about the words you use in telling your story.
What do you want the world to know?

I hope that every day this year brings you a bit of joy and kindness.
I will be writing my own story along with you.

Your friend,

A handwritten signature in black ink that reads "Brooke Jones". The signature is written in a cursive, flowing style.

Brooke Jones
Vice President



randomactsofkindness.org/kindness-at-work

Be sure to check out our Kindness in the Workplace resources on our website. We have a fun workplace kindness challenge, a seven-step guide to creating a kinder work environment, inspirational quotes and more.

**LET
THERE BE
LAUGHTER.♥**

**make
kindness
the norm.**

JANUARY 2023

HUMOR

THERE IS NOTHING IN THE WORLD SO IRRESISTIBLY CONTAGIOUS AS LAUGHTER AND GOOD HUMOR. —CHARLES DICKENS

Laughter is good for you! Did you know that when you laugh, you stimulate several organs in your body including your heart and lungs? You also increase endorphins in your brain. The long-term effects of laughing include an improved immune system, pain relief and less stress. So, laugh it up!

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Make sure you have at least one big belly laugh today.	2 Share an uplifting joke with your colleagues.	3 Smile and make eye contact with everyone you see.	4 Send a funny meme or gif to someone to cheer them up.	5 Start a meeting off with a silly story before getting to the regular agenda.	6 Bring a treat to the office that will bring a smile to everyone's face.	7 Watch your favorite comedy show or movie tonight.																																																																																																		
8 Support a local comedy club by attending a show this month.	9 Share a funny cat or dog video.	10 Close your eyes, sit back, take a deep breath and think of something that makes you smile.	11 Learn to laugh at yourself.	12 Read your favorite comic strip.	13 Put funny quotes up in a common space like the break room.	14 Take a walk in nature and listen to the sounds of birds and other wildlife.																																																																																																		
15 Play outside! Have a snowball fight or swing on a swing set.	16 Follow funny people on social media.	17 Start a 'joke jar' that people can drop a joke into or pull one out when they need a laugh.	18 Spend time with children.	19 Eat your favorite flavor of ice cream today.	20 Have an impromptu dance party at work.	21 Spend extra time with a pet. If you don't have one, visit an animal shelter.																																																																																																		
22 Do something you enjoyed as a kid.	23 Read a funny book.	24 Listen to a humorous podcast.	25 Wake up with a smile and go to bed with a smile.	26 Text a loved one something that will make them laugh.	27 Play a board game with friends/family tonight.	28 Look for silly images in the clouds.																																																																																																		
29 Try laughter yoga.	30 Add something to your workspace that will bring you joy.	31 Next time you text "LOL" to someone, make sure you are actually laughing!	1	<p style="text-align: center;">DECEMBER</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>27</td><td>28</td><td>29</td><td>30</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> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> <p style="text-align: center;">FEBRUARY</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>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> </table>			S	M	T	W	Th	F	S	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	4	5	6	7	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	1	2	3	4	5	6	7	8	9	10	11
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**SHARE
THE LOVE.♥
(AND KINDNESS)**

FEBRUARY 2023

LOVE & KINDNESS

LOVE AND KINDNESS ARE NEVER WASTED. THEY ALWAYS MAKE A DIFFERENCE. —BARBARA DE ANGELIS

This month we focus on love and kindness. Always remember that this applies to YOU as well. Make sure you are treating yourself with love and kindness. It makes it so much easier to share with others when you start with yourself.

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
		Look in the mirror today and say out loud three things you love about yourself.	Give a sincere compliment to a stranger.	Text at least 3 people and tell them you love them.	Leave quarters at the laundromat or in a vending machine.	
5	6	7	8	9	10	11
Share words of wisdom with someone who needs a little support.	Be kind to yourself today - don't rush, take deep breaths, nourish your body.	Let someone merge in traffic.	Donate your time or money to a local non-profit organization.	Tell someone something you appreciate about them.	Listen to an uplifting podcast.	Celebrate Random Acts of Kindness Week by doing as many acts of kindness as you can!
12	13	14	15	16	17	18
RANDOM ACTS OF KINDNESS WEEK Visit www.randomactsofkindness.org/rak-day for fun resources to celebrate RAK Week & RAK Day						
19	20	21	22	23	24	25
Call a friend or family member you haven't talked to in awhile.	Take a treat to work for everyone to enjoy.	Leave a treat for the cleaning crew with a note of thanks.	Leave sticky notes with positive messages in random public places at work.	Hold the door open for someone.	Remind yourself that you are doing the best you can.	Find a park, take some bird seed and feed the birds.
26	27	28	1			
Send a love note to someone.	Plant bee and butterfly friendly flowers in your garden.	Tell someone at work that they are doing a great job.				

JANUARY

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29	30	31	1	2	3	4
5	6	7	8	9	10	11

MARCH

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12	13	14	15	16	17	18
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2	3	4	5	6	7	8



randomactsofkindness.org/rak-day

Visit our website to see how to participate in RAK Week 2023! We have a lot of fun resources to practice kindness at home, work and school all week long.

**SAVOR
EACH
MOMENT. ♡**

**make
kindness
the norm.**

MARCH 2023

SAVORING

SAVOR THE MOMENTS THAT ARE WARM AND SPECIAL AND GIGGLY. —SAMMY DAVIS, JR.

Savoring is our ability to focus on and appreciate the positive things in our lives. When we savor good times we can enjoy positive emotions like joy, love and gratitude. Positive emotions help increase creativity, improve sleep and strengthen our immune systems.

SUN	MON	TUE	WED	THU	FRI	SAT
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		When you wake up, savor your warm bed and comfortable mattress.	Take a different, more scenic route to work today.	Listen to your favorite music while doing your work.	Take time to enjoy the outdoors today.	
5	6	7	8	9	10	11
Spend time on your favorite craft or hobby.	Eat your food slowly and savor each bite.	Listen carefully to the words of others.	Spend extra time giving your pet(s) love.	Stretch, breathe deeply, and silently express gratitude for everything you have.	Listen to a meditation app or podcast.	Host family and friends at your home 'just because'.
12	13	14	15	16	17	18
Do something today that makes you happy.	Notice the little things.	Speak slowly and thoughtfully. Don't rush.	As you get ready for bed, notice all the things in your home that bring you joy.	Start a book you've been wanting to read.	Learn something new about a colleague. Share something about yourself.	Spend today with someone you care about. Savor the time together.
19	20	21	22	23	24	25
Intentionally use all of your senses today during a meal.	Find time to soak up some sunshine today.	Hug a friend or family member a little longer than usual.	Go out and look at the stars tonight.	Start a project you've been putting off. Put positive energy into the work.	Declutter your workspace - spend time organizing and beautifying it.	Turn off technology and savor the silence.
26	27	28	29	30	31	
Look through old photos and remember good times from the past.	Call a friend and reminisce about a wonderful memory you have together.	Plan out your dream vacation, even if you can't go right now.	Do something you enjoyed as a child.	Take your time with your work. Don't rush.	End the month reminiscing on all the wonderful moments you were able to savor!	

**NOBODY
TAKES
BETTER
CARE OF YOU
THAN YOU.♥**

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kindness
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APRIL 2023

SELF-CARE

SELF-CARE IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION. —AUDRE LORDE

It seems like taking care of our own needs (instead of others) is always a challenge. This month, focus on YOU and what you need to maintain a happy, healthy, meaningful life.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
26	27	28	29	30	31	1 Make a list of 'to do's' and assign them to people who can/want to help.																																																																																																		
2 Do something today that will make you feel fulfilled.	3 Before work today, close your eyes and tell yourself "I matter."	4 Place positive messages and quotes up around your workspace.	5 Get outside today - breathe the air, soak up the sunshine, and move your body.	6 Begin a gratitude journal. Write down 3 things everyday for which you are grateful.	7 Ask a colleague or friend to tell you one thing they appreciate about you. Do the same for them.	8 Remove electronics from your sleeping space at night.																																																																																																		
9 Take time today to do something you enjoyed as a child.	10 Treat yourself to your favorite meal today.	11 Re-read a book that impacted you.	12 Add a plant to your workspace.	13 Find a way to smile and laugh today.	14 Eat a healthy and nutritious meal.	15 Spend today with someone you haven't seen in a long time.																																																																																																		
16 Visit a park, museum or attend a local event.	17 Declutter your work area.	18 Do an exercise that you enjoy!	19 Sign up for a class or activity you've been interested in.	20 Invite a friend or family member over for dinner.	21 Forgive yourself for something you did a long time ago.	22 Start saying 'yes' to the things that matter and 'no' to the things that don't.																																																																																																		
23 Drink more water!	24 Start an impromptu dance party!	25 Notice things that are normally invisible to you. Take a photo!	26 Listen to your favorite music in the car.	27 Watch an inspirational TED Talk.	28 Write yourself a letter at futureme.org	29 Spend today looking at the clouds and seeing all the shapes.																																																																																																		
30 Listen to the beautiful sounds of nature.	1	2	3	<p>MARCH</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>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>		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	<p>MAY</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>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	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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**PRACTICE
INTENTIONALITY.♥**

**make
kindness
the norm.**

MAY 2023

INTENTIONALITY

LIVING WITH INTENTION MEANS SAYING YES TO WHAT MATTERS MOST. —CRYSTAL PAINE

It seems counterintuitive to talk about intention when we are all about 'random' acts of kindness. However, we believe that when you practice intentional acts of kindness regularly, they become second-nature and eventually become 'random' because we barely even think about it anymore. It's like breathing... we don't think about it, until we do. Then, it becomes a very intentional action. So, this month, do everything with intention.

SUN	MON	TUE	WED	THU	FRI	SAT
30 Set a positive intention for the week.	1 Let someone in front of you in traffic.	2 Send a note of encouragement to someone having a tough time.	3 Drink twice as much water as you usually do, today!	4 Reflect on whether you stayed in line with the intention you set earlier this week.	5 Return your shopping cart to the store/corral area.	6
7 Make eye contact and smile at those you come in contact with today.	8 Leave inspirational messages around your workplace.	9 Listen to uplifting music on your ride to work.	10 Give an authentic and meaningful compliment to someone who needs it.	11 Forgive someone for a past transgression.	12 Plan to see someone this weekend that you haven't connected with in awhile.	13 Research an organization you'd like to donate to or volunteer for - then do it.
14 Plant something beautiful in a pot or in your garden.	15 Make a point of sending a positive text to someone today.	16 Take a walk outside and enjoy the sounds of nature.	17 Tell someone how they have changed your life for the better.	18 Share something personal and meaningful with a colleague.	19 Spend five minutes thinking about all the relationships in your life.	20 Go for a long walk in nature.
21 Return your shopping cart to the cart storage area.	22 Smile at as many people as possible today.	23 Learn something new about a coworker.	24 Acknowledge someone when they walk into the room with a smile.	25 Make an intention to start every conversation on a positive note.	26 Resolve to be more authentic in your day-to-day life.	27 Write a letter to someone who has made a difference in your life.
28 Surprise someone with a thoughtful gift.	29 Ask & remember the names of the people you see daily.	30 Send thank you notes to three customers/clients today.	31 Be intentional not to complain for the whole day.	<p style="text-align: center;"> APRIL 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 </p> <p style="text-align: center;"> JUNE 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 1 2 3 4 5 6 7 8 </p>		

**CELEBRATE
EACH
OTHER. ♡**

**make
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JUNE 2023

INCLUSIVENESS

LOVE IS A LONGING TO INCLUDE SOMEONE AS A PART OF YOURSELF. IT IS A POSSIBILITY TO BECOME MORE THAN WHAT YOU ARE, BY INCLUSION. —SADHGURU

Create a better version of the world, one where people are treated fairly, without question. Be curious and find out more about the people you work with by asking questions about their traditions, experiences and heritage.

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4	5	6	7	8	9	10
Support an LGBTQ+ owned business.	What does inclusion mean to you?	Model inclusive language.	Make sure inclusiveness is part of your organization's culture.	Ask how people would like to be addressed.	Display signs that support an inclusive culture.	Do something that supports small businesses, people, and the planet.
11	12	13	14	15	16	17
Empower and uplift others with your words and actions.	Communicate goals and celebrate progress.	Create opportunities for meaningful conversation.	Recognize and reward accomplishments.	Encourage a culture of frequent check-ins.	Smile when answering the phone - people can hear it in your voice.	Shop minority-owned local businesses.
18	19	20	21	22	23	24
Rest. Relax. Repeat.	Show up on time.	Model a collaborative environment.	Make sure your workspace is a safe space.	Provide a way for everyone to shine.	Celebrate and support everyone's individuality.	Make sure others know they can trust you.
25	26	27	28	29	30	1
Hydrate!	Encourage and celebrate individual strengths and experiences.	Offer support to someone struggling.	Get curious with discomfort.	Model vulnerability; progress over perfection.	Listen with an open mind.	

**APPRECIATE
AND
CELEBRATE!**

**make
kindness
the norm.**

JULY 2023

APPRECIATION

A PERSON'S GREATEST EMOTIONAL NEED IS TO FEEL APPRECIATED. —H. JACKSON BROWN JR.

So often we don't take the time to show our appreciation even though we may be feeling it. This month, focus on sharing your appreciation with others who have made a difference in your life.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
25	26	27	28	29	30	1 Take time to appreciate the special people in your life.																																																																																																		
2 Tell a child how much you appreciate something they did.	3 Give more of your time than your opinion.	4 Include individuals in meetings.	5 Listen without judgment.	6 Compliment a stranger.	7 Post a positive online review.	8 Reach out to someone you've been thinking about.																																																																																																		
9 Send a card by mail.	10 Tell people what you appreciate about them.	11 Help someone with a project.	12 Post positive comments on social media today.	13 Write a list of everyone you appreciate and why.	14 Spend the day doing something you love.	15 Write a letter of appreciation to someone in your life.																																																																																																		
16 Rest. Relax. Repeat.	17 Learn something new about one of your co-workers.	18 Post a positive review of a local business.	19 Give appreciation with an open heart.	20 Bring treats for your co-workers with a note telling them you appreciate them.	21 Tip a service worker more than average.	22 Write a list of all the things you appreciate about your life.																																																																																																		
23 Spend the day with a friend doing something you both love.	24 Make a conscious effort to model appreciation in the workplace.	25 Acknowledge and validate someone's feelings.	26 Receive appreciation with an open heart.	27 Keep your workplace clean.	28 Write down five things you appreciate about where you work.	29 Take a walk and make sure to smile and say hello to people you pass.																																																																																																		
30 Look in the mirror and name five things you appreciate about yourself.	31 Offer help to someone who may need assistance.	1	2	<p style="text-align: center;">JUNE</p> <table 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>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> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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;">AUGUST</p> <table 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>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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>			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	1	2	3	4	5	6	7	8	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
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**CREATE
YOUR
STORY. ♥**

**make
kindness
the norm.**

AUGUST 2023

PURPOSE

FIND OUT WHO YOU ARE AND DO IT ON PURPOSE. —DOLLY PARTON

Do you know what your purpose is? Has it changed over time? This month, live your life with purpose and help others find their purpose.

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
		Listen to what others are saying and respond with kindness.	Listen to advice from those trying to help you.	When an opportunity presents itself, help out however you can.	Keep an open mind about new ideas and experiences.	Try something new and outside of your comfort zone.
6	7	8	9	10	11	12
Identify three of your strengths and share them with others.	Treat yourself to something you love today.	Lend a hand when you see someone in need.	Share your struggles with others. Accept help if offered.	Tune in to opportunities for kindness.	Get outside and enjoy your surroundings.	Notice the small things about those you love and admire.
13	14	15	16	17	18	19
Tell a loved one how much they mean to you.	Listen to music while you work.	Share something interesting about yourself.	Write down one sentence that encapsulates your purpose in life.	Write down three things you're passionate about.	Find an event that supports your passion.	Write a handwritten letter to the first person that comes to mind when thinking of someone who makes you smile.
20	21	22	23	24	25	26
Spend five minutes in reflection about your purpose in life.	Intentionally learn something new today.	Start reading a new book.	Share something you "learned the hard way".	Do three things that make you smile today.	Make a bucket list.	Make a list of the three most purposeful events in your life. What do they have in common?
27	28	29	30	31	<p style="text-align: center;"> JULY S M T W Th F S 25 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 4 5 </p> <p style="text-align: center;"> SEPTEMBER S M T W Th F S 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 7 </p>	
Send a note to someone that helped you get where you are.	Listen to your favorite song.	Create a celebration list and keep track of this week's accomplishments.	Make your favorite meal and take time to sit and enjoy it.	Share a copy of your favorite book with your favorite person.		



randomactsofkindness.org/for-educators

Visit our website for a variety of fun kindness activities & free lesson plans for back-to-school. We have resources for Pre-K through High School and more.

**CONNECT
AND EVOLVE
TOGETHER.♥**

**make
kindness
the norm.**

SEPTEMBER 2023

CONNECTION

CONNECTION IS WHY WE'RE HERE; IT IS WHAT GIVES PURPOSE AND MEANING TO OUR LIVES. —BRENÉ BROWN

Connection is what makes us thrive as human beings. We are meant to take care of each other. This month, focus on your existing connections with those you care about and try making new connections!

SUN	MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8	9
Connect with nature in some way today.	Organize a potluck for your team.	Write a thoughtful note to a colleague who could use it.	Include new voices in a meeting or project.	Point out someone's strengths.	Go out of your way to compliment someone.	Listen with an open mind.
10	11	12	13	14	15	16
Call a family member you haven't spoken to in awhile.	Share a positive update with your boss.	Have a vulnerable conversation with someone you care about.	Go barefoot and feel your connection to the earth.	Reflect on a moment when you have felt really connected to your work.	Pay attention to how emotion feels in your body.	Start a book you've been wanting to read.
17	18	19	20	21	22	23
Don't pick up your phone when you feel bored.	Find ways to do more of the things you enjoy doing at work.	Set a goal to complete something by the end of this month.	Go beyond small talk with a colleague.	Seek out beauty to stimulate your mind.	Anticipate challenges.	Visit a local museum or garden.
24	25	26	27	28	29	30
Reflect on your relationships and how you can improve them.	Instead of arguing a point, share how you developed your beliefs.	Take note of something beautiful today.	Appreciate quiet moments.	Be an upstander and call out negative behaviors.	Pay attention to things that evoke awe and wonder.	Stay true to the commitments you make.



randomactsofkindness.org/kindness-at-work

Be sure to check out our Kindness in the Workplace resources on our website. We have a fun workplace kindness challenge, a seven-step guide to creating a kinder work environment, inspirational quotes and more.

**FILL YOUR
MIND WITH
MINDFULNESS.♥**

**make
kindness
the norm.**

OCTOBER 2023

MINDFULNESS

MINDFULNESS GIVES YOU TIME. TIME GIVES YOU CHOICES. CHOICES, SKILLFULLY MADE, LEAD TO FREEDOM. —BHANTE HENEPOLA GUNARATANA

Mindfulness is all about being fully present and aware of what we're doing and where we are at any given time. Tune into your feelings, your body and your mind. Make choices that help you and others.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Take a walk in silence.	2 Stay out of gossip today.	3 Give a compliment today.	4 Share your best piece of advice.	5 Start meetings with celebrations and gratitude.	6 Mindfully listen to someone today.	7 Take your time eating. Enjoy and savor every bite.																																																																																																		
8 Try a mediation app during bedtime tonight.	9 Assume the best in everyone.	10 Offer directions to someone who is lost (on the road, at work, in life...)	11 Ask a coworker how they are doing.	12 Share a mindfulness practice with your team.	13 Take 10 deep breaths, relax your shoulders and unclench your jaw.	14 Be mindful of your surroundings today.																																																																																																		
15 Enjoy a healthy breakfast.	16 Apologize to someone you're in conflict with.	17 Notice the tiny details around you.	18 Start the day with a purpose.	19 Stay in the moment.	20 Model active listening.	21 Visit your favorite 'quiet' place.																																																																																																		
22 Create a kindness journal to capture life's moments.	23 Go to bed early.	24 Turn on your favorite music while cooking.	25 Go get a glass of water and drink it. NOW!	26 Send kind wishes to five people.	27 Take a time out when needed.	28 Put your phone away and enjoy the day.																																																																																																		
29 Sleep in late.	30 Do one thing at a time.	31 Challenge your point of view when presented with conflicting views.	1	<p>SEPTEMBER</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>27</td><td>28</td><td>29</td><td>30</td><td>31</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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> <p>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>			S	M	T	W	Th	F	S	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	7	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
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**APPRECIATE
THE LITTLE
THINGS. ♡**

**make
kindness
the norm.**

NOVEMBER 2023

GRATITUDE

APPRECIATION CAN MAKE A DAY, EVEN CHANGE A LIFE. YOUR WILLINGNESS TO PUT IT INTO WORDS IS ALL THAT IS NECESSARY. —MARGARET COUSINS

The power of gratitude is undeniable. Spending even a few moments a day intentionally appreciating what we have in this life can boost our mental health in a number of ways. Make sure to focus on gratitude this month!

SUN	MON	TUE	WED	THU	FRI	SAT
<p>OCTOBER</p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31 1 2 3 4</p> <p>5 6 7 8 9 10 11</p>	<p>DECEMBER</p> <p>S M T W Th F S</p> <p>26 27 28 29 30 1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31 1 2 3 4 5 6</p>		1	2	3	4
			Start a gratitude list - add one thing you are grateful for every day this month.	Model gratitude towards a colleague today.	Leave a note or small gift of gratitude for the custodians.	Wake up early to appreciate the sunrise.
5	6	7	8	9	10	11
Sleep in.	Write down 10 things you are grateful for.	Don't complain or gossip for 24 hours.	Place sticky notes around your workplace expressing gratitude to those you work with.	Be grateful for you! Do something nice for yourself today.	Model patience; especially when in a hurry.	Be grateful for your body. Take care of it today with exercise and good food.
12	13	14	15	16	17	18
Rest. Relax. Repeat.	WORLD KINDNESS DAY!!!	Let someone know how much you appreciate them.	Appreciate the weather - rain, sun, wind, snow... it's all good!	Eat a healthy meal today.	Sit outside and enjoy the sunset.	Look through old photos to remember the important events and people in your life.
19	20	21	22	23	24	25
Spend time today enjoying your own company.	Write a letter of gratitude to someone who has positively impacted your life.	Let your colleagues know how grateful you are for them.	Tune into the wonderful things happening around you.	Spend the day with those you consider family.	RAK FRIDAY! Spread kindness all day long.	Shop local - support small businesses.
26	27	28	29	30	1	2
Paint rocks to leave in random places for strangers to find.	Write a letter of gratitude to someone. Mail it.	Hydrate your body.	Invest in a gratitude journal and continue recording moments in your life.	Read your gratitude notes collected throughout the month.		



randomactsofkindness.org/world-kindness-day

Visit our website for fun resources to celebrate World Kindness Day on November 13, 2023.

**CELEBRATE
GOOD
TIMES!**

**make
kindness
the norm.**

DECEMBER 2023

REFLECTION & CELEBRATION

INDIVIDUALLY WE ARE ONE DROP. TOGETHER, WE ARE AN OCEAN. —RYUNOSUKE SATORO

Never give up the chance to celebrate! The smallest achievements are worth taking time to celebrate. Pat yourself on the back for a job well done!

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
26	27	28	29	30	1 Celebrate yourself today! Do something you enjoy.	2 Send a thoughtful text message to a friend or family member.																																																																																																		
3 Listen to Kool & the Gang's song "Celebration".	4 Start and end the day with positive intentions.	5 Give compliments to three people today.	6 Celebrate the things that bring happiness to your life.	7 Make someone smile today.	8 Celebrate with family and friends.	9 Reflect on something positive that happened this past week.																																																																																																		
10 Take a deep breath and set your intention for the day.	11 Do something outside of your comfort zone.	12 Tell someone how happy they make you.	13 How can you make tomorrow better?	14 Reflect on your favorite people. What makes them your favorite?	15 Do what makes you happy. Don't overthink it.	16 Do something that you loved to do as a child.																																																																																																		
17 Set goals for the next year and reflect why they are important to you.	18 Remind your kid(s) how proud you are of them.	19 Begin your day with a positive affirmation.	20 Ask someone what they think your best qualities are.	21 Decorate someone's office to let them know you appreciate them.	22 When giving a performance review, celebrate & reflect on the positive.	23 Start a book you've been wanting to read.																																																																																																		
24 Cook your favorite meal today.	25 Unplug and enjoy the day.	26 Share how proud you are of someone.	27 Celebrate good ideas.	28 Give positive feedback about an employee.	29 Celebrate how awesome you are.	30 Reflect on the past year.																																																																																																		
31 Celebrate how much you've grown over the past year.	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
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