

MARCH 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
Place positive body image quotes in jean pockets at a store

2
Compliment a parent on their child's behavior

3
Leave unused coupons next to corresponding products in the store

4
Start planning a surprise birthday party for someone

5
Set a daily reminder to be kind on your phone




6
Do one kind thing for yourself every day for the rest of the week - write it down!

7
Spend the next 24 hours looking for as many kind moments as possible


8
Write a letter to a woman in your life that made a difference
International Women's Day

9
Smile at 10 strangers



10
Use cruelty-free products


11
Send anonymous flowers to a well-deserving mother



12
Write a recommendation on LinkedIn for someone




13
Surprise a coworker or friend with coffee or tea



14
Bake something with a friend or family member to give away
Pi Day


15
Run an errand for someone

16
Offer to babysit for a friend, neighbor or family member for free



17
Treat a friend to a drink or food
St. Patrick's Day

18
Write a list of all the things you love about someone and give it to them



19
Pay a toll for someone behind you

20
Do something that will make someone happy
International Day of Happiness

21
Share a kindness quote on social media



22
Donate clothing to a thrift shop

23
Hold doors open for others all day long



24
Tell someone they dropped a dollar (even though they didn't)

25
Paint inspiring words on rocks and hide them in your community

26
Send a positive text message to five different people right now

27
Make sure everyone in a group conversation feels included

28
When you hear that discouraging voice in your head, tell yourself something positive

29
Take a long walk outside



30
Encounter an employee that is especially kind? Take a minute to tell their manager

31
Leave a gift card or tape cash to a gas pump

KIND ACTS COMPLETED: ___ / 31