

JULY 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

2

Tell someone you love them



3

Send care packages to soldiers overseas

4

Bring a treat to share with coworkers

5



Sprinkle milkweed seed in your yard to attract monarchs and other pollinators

6

Tell someone how they've impacted your life

7

Take time to listen to someone



1

Surprise an elderly neighbor with a home-cooked or baked item



8

Give a friend a movie or book they'd love

9

Hold the elevator for someone



10

Do a favor without asking for anything in return



11

Ride your bike or walk to work



12

Keep an extra pack of gum on hand to give the next person who asks for a piece

13

Do 13 acts of *Kindness* for Friday the 13th

14

Prepare a meal for a loved one

15

Leave an inspiring book for someone to find with a note that it's free for the taking

16

Donate needed items, such as toiletries, to a shelter

17

Hide money in random places for strangers to find

18

Create a "celebration list" and write down everything you've accomplished

19

Tell someone random that you love their outfit

20

Pay for a stranger's library fees

21

Give a stranger a lottery ticket

22

Make "kindness cards" with inspirational quotes to hand out to strangers

23

Practice empathy and put yourself in someone else's shoes

24

Tell someone how they've impacted your life

25

Say "thank you" as much as possible in a day

26

Pay for someone's dry cleaning



27

If someone compliments your jewelry, spontaneously give it to them

28

Put a bird feeder in your yard



29

Hide money in random places for strangers to find



30

Reconnect with an old friend on social media




International Day of Friendship

31

Purchase something from a local business

KIND ACTS COMPLETED: ____ / 31