

AUGUST 2018

MONDAY

TUESDAY

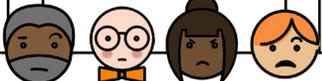
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

		<p>1</p> <p>Thank your parents for everything they've done for you</p> <p>Respect For Parents Day</p>	<p>2</p> <p>Bring treats to the dog park</p> 	<p>3</p> <p>Pay for someone's lunch</p>	<p>4</p> <p>Buy produce at your local farmer's market</p> 	<p>5</p> <p>Have a meal with someone new</p> 
<p>6</p> <p>Plant something</p>	<p>7</p> <p>Give food or water to someone in need</p> 	<p>8</p> <p>Give a social shoutout to someone who as inspired you</p>	<p>9</p> <p>Walk dogs at an animal shelter</p>	<p>10</p> <p>Do something kind for a stranger</p>	<p>11</p> <p>Make an effort to appreciate the sunset from a good viewpoint</p>	<p>12</p> <p>Tell someone they're "glowing" or look very happy and healthy</p>
<p>13</p> <p>Carpool or take public transit to work or school today</p>	<p>14</p> <p>Be the reason someone smiles today</p>	<p>15</p> <p>Put a dollar and kind message in a book for someone to find</p>	<p>16</p> <p>Give a gift for no reason</p> 	<p>17</p> <p>Keep an extra pen or pencil on hand to give to someone who needs it</p>	<p>18</p> <p>Ding dong ditch someone and leave them a care package</p>	<p>19</p> <p>Create an "essentials" bag and give to someone in need.</p>
<p>20</p> <p>Brighten someone's day with a joke</p> <p>Hi! <i>Ha!</i></p>	<p>21</p> <p>Find one way to be more involved in your community</p>	<p>22</p> <p>Walk more, drive less</p>	<p>23</p> <p>Keep an chapstick on hand to give the next person who asks for it</p>	<p>24</p> <p>Thank a friend for always being there</p> 	<p>25</p> <p>Drop quarters on the ground for people to find</p>	<p>26</p> <p>Tell your parents you love them</p>
<p>27</p> <p>Find one new way to get involved with your community</p>	<p>28</p> <p>Let a friend who is going through an emotional time vent</p> 	<p>29</p> <p>Take someone new in your neighborhood on a tour of the city</p>	<p>30</p> <p>Offer to wash someone's car for free</p>	<p>31</p> <p>Donate a backpack (or a few!) full of school supplies to an underprivileged school</p>		

KIND ACTS COMPLETED: ____ / 31

Be The Spark