

SEPTEMBER 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

3
Treat yourself to a relaxing 30 minutes

Labor Day

4
Ask a stranger how his or her day is going

5
Call your grandparents or relatives



6
Don't interrupt while someone is talking

7
Pick up litter at your favorite local park



1
Send an encouraging text to your [textdoor] neighbor



2
Write an entry in your journal about how awesome you are

10
Help someone make a plan for his or her future



11
Connect with someone from another background



12
Send an encouraging email to a friend or coworker

Day of Encouragement

13
Buy the meal for the person behind you in line

14
Get to know your neighbors



8
Take the time to prepare your favorite meal from scratch



9
Learn how to say *Hello* in 10 different languages

15
Volunteer to take pictures of animals that need to be adopted at a shelter

16
Ask for the recipe of a meal you love from someone who has cooked for you

17
Leave a kind note for a family member for their week ahead



18
Buy a bouquet of flowers and hand it to the cashier

19
Think of someone who has inspired you and tell them

20
Wave at drivers that let others merge and drive the speed limit

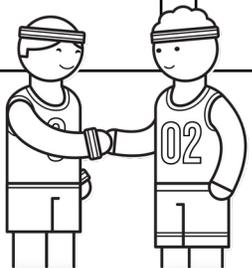
21
Spend 15 minutes in reflection and mindfulness.

International Day of Peace

22
Find a weekend event to attend that supports local community

23
Keep an extra chapstick on hand to give to someone who asks

24
Reach out to a former or current teammate



25
Use less plastic and be more conscious about reusing products

26
Run out on trash day with a surprise for your garbage collectors

27
Donate toiletries to a women/men's shelter



28
Surprise a neighbor with treats or a gift to a movie theater

Good Neighbor Day

29
Hide dollars in the dollar store



30
Apologize to someone you've had past conflict with

YOUR NUMBER NEIGHBOR:
Someone with your same phone number but one digit above or below

KIND ACTS COMPLETED: ____ / 30