**JULY 2019**

**SUNDAY**
- Tape kind notes to chocolate bars & hand them to strangers
- Fill a basket with everything a newborn baby needs & drop it off at a local hospital
- Compliment a random parent on how well-behaved their child is
- Experiment with something new

**MONDAY**
- Place a happy or positive sign in your front yard
- Share a funny picture, video or article
- Donate some of your clothes to a local community outreach center
- Leave heads-up pennies on the sidewalk

**TUESDAY**
- Send someone you care about a nice text right before you go to bed
- Surprise someone with a thoughtful, inexpensive gift
- Stop to have a conversation with a homeless person
- Buy lemonade from a child’s stand

**WEDNESDAY**
- Offer to water your neighbor’s flowers
- Change three small things about your routine that help will the environment
- Volunteer to take photos of animals up for adoption
- Sign an online petition pertaining to a cause you care about

**THURSDAY**
- Let someone cut you in the checkout line at the store
- Offer to mow your neighbor’s lawn while they are out of town
- Leave a jar of wishing pennies by a fountain
- Decorate your bathroom mirror with positive sticky notes

**FRIDAY**
- Buy a souvenir for someone next time you travel away from home
- Leave pool toys with a kind note at your local swimming pool
- Remind a child to always be kind, respectful, & compassionate
- Give a $5 fast food gift card to a stranger

**SATURDAY**
- Plan a neighborhood block party so everyone can get to know each other
- Share an motivating quote or story with someone who inspires you
- Build a “free little library” box for your yard or donate books to one nearby
- Clean up a mess that wasn’t yours