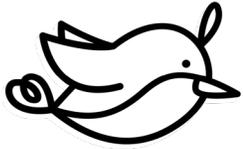


JULY 2019

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Place a happy or positive sign in your front yard

2
Send someone you care about a nice text right before you go to bed

3
Offer to water your neighbor's flowers

4
Let someone cut you in the checkout line at the store
Independence Day

5
Buy a souvenir for someone next time you travel away from home

6
Plan a neighborhood block party so everyone can get to know each other

7
Tape kind notes to chocolate bars & hand them to strangers
World Chocolate Day

8
Share a funny picture, video or article

9
Surprise someone with a thoughtful, inexpensive gift

10
Change three small things about your routine that help will the environment

11
Offer to mow your neighbor's lawn while they are out of town

12
Leave pool toys with a kind note at your local swimming pool

13
Share an motivating quote or story with someone who inspires you

14
Fill a basket with everything a newborn baby needs & drop it off at a local hospital

15
Donate some of your clothes to a local community outreach center

16
Stop to have a conversation with a homeless person

17
Volunteer to take photos of animals up for adoption

18
Leave a jar of wishing pennies by a fountain

19
Remind a child to always be kind, respectful, & compassionate

20
Build a "free little library" box for your yard or donate books to one nearby

21
Compliment a random parent on how well-behaved their child is

22
Leave heads-up pennies on the sidewalk

23
Buy lemonade from a child's stand

24
Sign an online petition pertaining to a cause you care about

25
Decorate your bathroom mirror with positive sticky notes

26
Give a \$5 fast food gift card to a stranger

27
Clean up a mess that wasn't yours

28
Experiment with something new

29
Forward your change from the drive-thru to the next person in line

30
Text five old friends to let them know you're thinking about them
Intl. Day of Friendship

31
Become a pen pal to a sick child in a different part of the world

