

AUGUST 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

Buy food from a local farmer's market



5

Start a lemonade stand & donate the profits to charity

6



Stock a new backpack full of school supplies for a child in need

7

Do chores for a family member that could use some extra free time

1

Tell your parents how much you appreciate all that they've sacrificed for you

Respect for Parents Day

8



Donate homemade cat toys to a shelter

National Cat Day

2

Declutter your home by recycling old electronics

9

Stand up for someone or something you believe in

3

Leave sunscreen & kids sunglasses at the beach

10



Bury little toys in a playground sandbox for kids to "discover treasure"

11

Frame an old picture & send it to a friend or family member

12

Tip your server 50%



13

Make "spa beauty care packs" with nail polish, lotion, etc. to give to random women

14

Introduce yourself to your neighbors



15

Treat yourself to your favorite take-out food, get cozy, & watch a movie

National Relaxation Day

16

Buy flowers to hand out to strangers on the street

17

Offer to wash someone's car for free

18



Practice mindfulness

19

Relay an overheard compliment to the person it was about

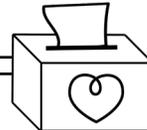


20

Leave a positive comment on a news article or blog post

21

Donate school supplies to a local public school



22

Cook a meal for a senior citizen



23

Give thanks for everyday things, not just extravagant gifts or gestures

24



Hand out cold drinks to strangers in the park

25

Offer to help a friend move into their new home

26

Volunteer to walk shelter dogs that are up for adoption

National Dog Day

27

Say please & thank you

Thank you

28

Decorate tissue boxes & hand sanitizer to donate to a nurse's station



29

Leave a container of bubbles or a hula hoop at your local park

30



Sign up to run / walk a 5K for a cause

31

Put quarters in a gumball machine

