

Kindness Calendar

M

Say something nice about yourself

Text a positive affirmation to someone

Give someone a hug

Deliver a surprise gift

Buy a friend their favorite candy

TU

Spend 30 minutes doing something you love

Say something nice about yourself

Send a gratitude email

Treat yourself to your favorite meal

Bake yourself a treat

W

Treat yourself to your favorite meal

Spend 30 minutes doing something you love

Say something nice about yourself

Make someone laugh

Say something nice about yourself

TH

Think of one thing you are grateful for

Tell someone you love them

Donate to a charity

Pay for a stranger's meal

Check in with someone

F

Say something nice about yourself

Hold the door for someone

Spend 30 minutes doing something you love

Fulfill a promise you have made to yourself

Listen to your favorite music

S

Listen to your favorite music

Call someone you miss

Think of one thing you are grateful for

Listen to your favorite music

Think of one thing you are grateful for

S

Do something kind for someone else

Spend quality time with your favorite person

Do something kind for someone else

Spend 30 minutes doing something you love

Make someone smile