

Kind Calendar

M

Leave a positive review online

Text a positive affirmation to someone

Pay someone's parking meter

Deliver a surprise gift

Buy a friend their favorite candy

TU

Do something for yourself

Pay for someone's meal

Send a gratitude email

Offer to complete a chore for someone

Bake a treat for someone else

W

Treat yourself to your favorite meal

Compliment someone

Deliver flowers to someone suffering

Make someone laugh

Let someone in line at the grocery store

TH

Pick up litter in a public place

Say "I love you" more

Donate to a charity

Pay for a stranger's meal

Check in with someone

F

Give a generous tip

Hold the door for someone

Send an email shout-out to a colleague

Fulfil a promise you have made

Listen to your favorite music

S

Write a letter of thanks for someone

Call someone you miss

Donate clothing or used goods

Pay it forward in the drive-thru queue

Make a blood donation

S

Leave spare change in the vending machine

Spend quality time with your family

Reflect on the positives in your life

Spend someone mindful alone time

Make someone smile