



FREE KINDNESS PRINTABLE
DO SOMETHING
AMAZING TODAY

NICHOLE MONROE

Ways you can be kind to the Earth:



Plant a tree or native plant.

Pick up trash as you go for a walk or hike.

Start a community or personal garden.

Plant perennial pollinator plants.

Let native plants grow in your yard.

Put off mowing until after May.

Put out a bee house.

Ways you can connect to the Earth



Practice grounding with your feet.

Meditate in nature for a while.

Sit on the grass and look up
at the clouds.

Walk on the beach barefoot.

Take deep breaths as you sit in nature.

**What would you like to Manifest
for the Earth today?**



**Example: A healing embrace
from Humanity and a
transformation towards
New Earth.**

Ways you can be kind to others:



Say something nice to someone.

**Check in on a neighbor who may have
a sick spouse or loved one.**

Give food to those in need.

**Declutter old toys and donate them
or give them to neighbors with kids.**

Make thank you cards and give them out.

Buy a coworker a cup of tea or coffee.

Put out blessing bags.

Ways you can connect to your community:



Practice gratitude to someone in your life.

Go on a community cleanup or walk.

**Join a group that connects you to
others (example: a mom group.)**

Vote in your local elections.

**Sign a petition to keep Data Centers
out of your area.**

**Make thank you cards for
service members in your area.**

**What would you like to Manifest
for the your community today?**



**Example: My community
is happy and healthy.**

Ways you can be kind to Animals:



Sign a petition focusing on conservation.

Put out food for the birds.

Fundraise for a nature charity or donate.

Adopt a rescue animal or foster one.

Ways you can connect to animals:



Sit with one and try to see what they see.

Watch and listen to the birds.

Go for a walk with a dog or pet a cat.

Go out in nature and observe.

Put out bee houses and pollinator flowers.

**What would you like to Manifest
for the animals today?**



**Example: Animals around me
are seen with love and curiosity
rather than fear.**

Ways you can be kind to family:



Check in on someone with a text or call and tell them you are proud of them.

Send or deliver a hand made or custom meaningful gift.

Send pictures and happy messages.

Send photos of your kids to your grandparents or other relatives.

**If you are able to,
go to an important event like a
baby shower or birthday.**

**Ways you can connect
to family:**



**Post a video or photo to
social media (or text them.)**

Call them or visit them.

Send a letter or a meaningful text.

Spend time with them.

Surprise them with a holiday surprise.

**bring them homemade food
or treats.**

**What would you like to Manifest
for your family today?**



**Example: My family is safe,
healthy, wealthy
happy, loved,
shown kindness and
is provided for.**



Do something kind today. :)