



The Kindness Project



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Share this calendar with someone you think would enjoy it

2 Listen wholeheartedly to someone today

3 Spend some time in nature

4 Contact an old friend via phone, email or post

5 Learn a new skill from a friend or share one of yours with them

6 Forgive someone for a mistake

7 Ask someone how they feel and take the time to really listen

8 Do something kind and unexpected for your partner

9 Try to bring smiles to as many people as possible today

10 Look into the mirror and tell yourself "You are enough"

11 Check in with someone who may be feeling lonely

12 Start to read a new book and promise yourself to finish it

13 Make or buy a gift as a surprise for someone

14 Tell someone you love them

15 Start a conversation with someone you don't know

16 Make a wish for someone

17 Prioritise the things that make you feel good

18 Buy from a small business

19 Give unused items or a gift voucher to a charity

20 Give yourself permission to rest today

21 Spend time with a friend

22 Write a letter to someone who makes you feel good and tell them why

23 Sit and listen to the sounds of nature

24 Write a positive review for a local business

25 Leave a "Hope you're having a good day" note on someone's car

26 Go outside and take note of 5 things that are beautiful

27 Make someone laugh out loud

28 Compliment a stranger

LIVE simply
LOVE generously
CARE deeply
SPEAK kindly



Do Small Things with Great Love - Mother Teresa

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