

The Kindness Project



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DON'T FORGET TO BE ROARSOME

1 Share this calendar with someone who you think will enjoy it

2 Start a gratitude diary (if you haven't already)

3 Thank the people you are grateful for

4 Pay it forward

5 Turn today's negatives into positives

6 Compliment a stranger

7 Really listen to what people are saying

8 Leave a tip for a specific person

9 Be kind

10 Write a positive review for a local business

11 Bake something for a neighbour or friend

12 Be kind to the environment, use a keep cup

13 Shop Local

14 Share a feel good story

15 Smile at everyone you pass today

16 Put your to do list away and just enjoy the day

17 Donate

18 Hand out three genuine compliments

19 Leave kind words on someone's car

20 Add an extra item to your gratitude diary

21 Reconnect with an old friend

22 Compliment a young person

23 Volunteer

24 Take the day not to complain

25 Lend a friend a book or magazine

26 Buy flowers and hand out in the street

27 Talk to a tourist

28 Be kind to yourself

29 Offer to take an elderly or lonely person for a drive

30 Recycle

ALWAYS BE YOURSELF, UNLESS YOU CAN BE A DINOSAUR. THEN ALWAYS BE A DINOSAUR.

A T-REX HAS SHORT ARMS SO THAT EVERYTHING IT HOLDS IS CLOSE TO ITS HEART.

SOMETIMES YOU GOTTA GET THROUGH YOUR FEARS TO SEE THE BEAUTY ON THE OTHER SIDE. - THE GOOD DINOSAUR

