

January Kindness 2022

SUNDAY

MONDAY

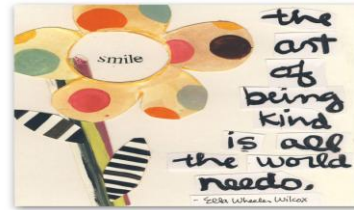
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Spread kindness & share the calendar with others

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties

4 Support a charity, cause or campaign you care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive note for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen whole heartedly to others without judging

11 Buy an extra item & donate it to the food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an older neighbor & brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help & let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness & thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness, including yourself

26 Get outside. Pick up litter or do something kind for nature

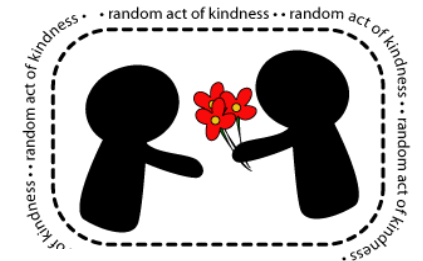
27 Call a relative who is far away to say hello & chat

28 Be kind to the planet. Eat less meat & use less energy

29 Turn off digital devices & really listen to people

30 Let someone know how much you appreciate them & why

31 Plan some new acts of kindness to do the rest of 2022



ACTION FOR HAPPINESS

HAPPIER * KINDER * TOGETHER



Kindness... pay it forward