

#CULTIVATINGKINDNESS

SUN	MON	TUE	WED	THU	FRI	SAT
1#FATHERSDAYKINDNESS <u>DELIGHT</u> YOUR DAD, FATHER FIGURE OR THOSE CLOSEST TO YOU WITH A SPECIAL LOVE LETTER OR TREAT ✉️❤️	2 <u>SPREAD SMILES</u> SMILE AT EVERYONE YOU MEET TODAY 😊❤️	3 OFFER A GENUINE AND UPLIFTING <u>COMPLIMENT TO A STRANGER</u> ✨👏	4 <u>SPREAD ENCOURAGEMENT ONLINE</u> MAKE A DIFFERENCE THROUGH VIRTUAL SUPPORT ☀️💪	5 SHARE YOUR FAVOURITE <u>BOOK WITH A FRIEND</u> AND TELL THEM WHY IT'S MEANINGFUL 📖☀️	6 GIVE BACK TO YOUR COMMUNITY <u>DONATE</u> BOOKS, CLOTHES, AND MORE TO LOCAL SHELTERS OR OP SHOPS 📚👕	7 <u>PLANT</u> A TREE OR FLOWERS IN A COMMUNITY SPACE 🌱🌸
8 COMPLIMENT SOMEONE GENUINELY ✨👏	9 <u>WRITE A THANK-YOU NOTE</u> TO SOMEONE WHO HAS HELPED YOU 🖋️✉️	10 <u>HOLD THE DOOR OPEN</u> FOR STRANGERS. 🚪💬❤️	11 START YOUR DAY WITH <u>SELF-KINDNESS</u> : BRIEFLY MEDITATE EACH MORNING FOSTER INNER PEACE AND WELLBEING. CARE FOR YOURSELF BEFORE ENGAGING WITH THE WORLD 💙🌍	12 <u>CALL A FRIEND OR FAMILY</u> MEMBER YOU HAVEN'T SPOKEN TO IN A WHILE 📞😊	13 <u>BOOST LOCAL BUSINESSES</u> LEAVE POSITIVE REVIEWS AND RECOMMEND THEM TO FRIENDS☀️👍	14 <u>PREPARE A MEAL</u> FOR A FRIEND WHO IS BUSY OR GOING THROUGH A TOUGH TIME 🍪🏠❤️
15 SHOW APPRECIATION FOR A FAVOURITE AUTHOR OR CONTENT CREATOR SEND THEM A HANDWRITTEN NOTE OR WRITE A POSITIVE REVIEW 📖🖋️💙	16 <u>DONATE</u> OLD CLOTHES OR GOODS TO A CHARITY 🧺📦👕	17 #MOONFESTIVALKINDNESS ORGANISE A CELEBRATION AND INVITE FRIENDS AND FAMILY TO YOUR HOUSE 🍷🌕✨	18 <u>BUY</u> COFFEE FOR THE PERSON BEHIND YOU IN LINE 🍰🌻	19 OFFER TO <u>HELP</u> A NEIGHBOUR WITH THEIR CHORES 🏠❤️	20 #MOONFESTIVALKINDNESS TAKE A MOMENT TO <u>APPRECIATE</u> THE BEAUTY OF THE FULL MOON 🌕✨	21 #SPRINGEQUINOXKINDNESS PERFORM A RANDOM ACT OF <u>KINDNESS</u> EMBRACE THE SPIRIT OF NEW BEGINNINGS AND MAKE SOMEONE'S DAY BRIGHTER 🌸🌱💚
22 #SPRINGRESETQIGONG BRING A FRIEND WHO HAS NEVER PRACTICED QIGONG TO OUR FREE SPRING EVENT 🌸🌟🌸	23 SHARE A <u>MOTIVATIONAL</u> QUOTE OR MESSAGE ON YOUR SOCIAL MEDIA PLATFORMS 🌟🌟 #CULTIVATINGKINDNESS	24 PRIORITISE <u>SELF-KINDNESS</u> DOWNLOAD AND PRACTISE OUR QIGONG HEALING SOUND CHART VISIT MOVEFORLIFEQIGONG.COM 🌿🎵	25 <u>BAKE COOKIES</u> AND SHARE THEM WITH YOUR OFFICE OF NEIGHBOURS 🍪🏠❤️	26 LEAVE A <u>POSITIVE NOTE</u> ON SOMEONE'S DESK OR CAR 😊✉️	27 OFFER YOUR SEAT ON PUBLIC TRANSPORT <u>TO SOMEONE ELSE</u> 🧺🕒	28 <u>SPREAD KINDNESS</u> THROUGH QIGONG. SHARE THE PRACTICE, GUIDING OTHERS THROUGH GENTLE MOVEMENTS AND PROMOTING RELAXATION AND WELLBEING 🙏🧘
29 <u>MEDITATE</u> ON FORGIVING AND LETTING GO TRY OUR “MOVING INTO MEDITATION” VIDEO 🧘❤️ © Move for Life Qigong and contributors 2023	30 BE <u>KIND TO NATURE</u> PICK UP RUBBISH IN YOUR LOCAL PARK OR AREA 🗑️🌳					<div>MOVE FOR LIFE qigong</div>

