

# Kindness Calendar July 2023

					1st	2nd
					Share this calendar to inspire kindness in others	Give everyone you interact with today a genuine compliment
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3rd	4th	5th	6th	7th	8th	9th
Look in the mirror and say something nice about yourself 'Compliment Your Mirror Day'	Notice if you're being judgemental, and be kind instead	Appreciate your food and all that it took for it to reach your plate	Buy a coffee for the next person in the queue	Put aside past hurts on 'Forgiveness Day'	Turn off the TV and play a game instead	Do something that makes you laugh out loud
10th	11th	12th	13th	14th	15th	16th
Speak only kind words, to others and to yourself	Call someone who'd appreciate a chat on 'Cheer up the lonely day'	Do a daily routine/task mindfully, focusing on all your senses	Don't be afraid to reach out and ask for help if you need it	Stick a positive message on a bathroom mirror for others to see	Give something away that someone else could use "Give Something Away Day"	Buy yourself some flowers, you're worth it!
17th	18th	19th	20th	21st	22nd	23rd
Be extra huggable on 'Hug your kids day'	Pause and listen before you react to anger	Go for a solo stroll in nature	Look for opportunities to brighten someone's day	Find a way to support a cause close to your heart	Support local businesses as much as possible,	Take some time to do something you love but don't get chance to do
24th	25th	26th	27th	28th	29th	30th
Connect with your cousins 'Cousins Day'	Tell someone all the reasons why you love them	Appreciate the beauty all around you right now	Pick up litter around your neighbourhood	Start a new healthy habit	Have a no plans day and see how it feels	Connect with friends, it's 'Day of Friendship'
31st	"Kindness is the golden chain by which society is bound together." ~ Johann Wolfgang von Goethe					Thank you for your kindness
Ask 3 people about things they've enjoyed recently						

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