

# Kindness Calendar September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Never think you don't have an impact, your fingerprints can't be wiped away from the little marks of kindness you've left on the world."</p> <p>~ unknown</p>				1st	2nd	3rd
				Share this calendar to inspire kindness in others	Put down your devices, and give loved ones your full attention	Go to bed an hour earlier to enjoy more sleep
4th	5th	6th	7th	8th	9th	10th
Listen and pause before you react to anger	Donate time, money or pre-loved items 'International Day of Charity'	Swap your favourite books with friends 'Read a Book Day'	Forgive someone and then let it go	Make someone feel loved	Be extra patient with any challenges you face	Go for a soothing stroll in nature
11th	12th	13th	14th	15th	16th	17th
Be gently encouraging to someone who needs it	Put a problem into perspective and try to see the bigger picture	Radiate positivity 'Positive Thinking Day'	Ask someone how they are and really listen to their reply '"R U OK?" Day'	Look for opportunities to brighten others' day	Help rid neighbourhoods of litter on 'World Clean-up Day'	Buy yourself some colourful flowers
18th	19th	20th	21st	22nd	23rd	24th
Give away genuine compliments all day long	Notice if you're being judgemental and be kind instead	If you notice you're rushing, make an effort to slow down	Tell others why you're grateful for them 'World Gratitude Day'	Walk, cycle or use public transport 'World Car Free Day'	Make an effort to get to know someone better	Enjoy a no-plans day and just go with the flow!
25th	26th	27th	28th	29th	30th	Thank you for your kindness
Take action towards making a dream a reality 'World Dreams Day'	Get creative with store-cupboard ingredients	Tune into your feelings and be curious rather than critical	Help a neighbour in need 'Good Neighbour Day'	Look after the health of your heart 'World Heart Day'	Call a family member just to say hello	

Download your free Kindness Calendar at [maketodayhappy.co.uk](https://maketodayhappy.co.uk) ♥ Share your kindness experiences on [Facebook.com/spreadingalittlekindness](https://Facebook.com/spreadingalittlekindness)