Kindness Calendar July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Share this Calendar to inspire kindness in others
2 Tell silly jokes to banish those Monday blues	**3** Speak only kind words today, to others and to yourself	**4** Eat your meals mindfully	**5** Tell someone all the reasons why you love them	**6** Pucker up! It's 'Kissing Day'!!	**7** Put aside past hurts on 'Forgiveness Day'	**8** Do something that makes you laugh out loud
9 Be present to everyone and everything	**10** Talk to someone new today	**11** Make someone smile on 'Cheer up the lonely day'	**12** Stick a positive message on a bathroom mirror for others to see	**13** Add to or start a food bank donation box	**14** Eat healthy food to really nourish your body	**15** Give yourself permission to do something you enjoy
16 Get hugging on 'Hug your kids day'	**17** Be the first to smile and say hello	**18** Appreciate the beauty all around you right now	**19** Make plans to catch up with an old friend	**20** Pay for someone's coffee in the coffee queue	**21** Do something spontaneous	**22** Book a day trip, w/e away, or holiday
23 Compliment everyone you interact with today	**24** Connect with your cousins on 'Cousins Day'	**25** Go for a lunchtime stroll in nature	**26** Call that person who always makes you smile	**27** Donate your spare change to charity	**28** Turn off the tv and play a game instead	**29** Buy yourself some flowers
30 Send appreciative messages on 'Day of Friendship'	**31** Take 10 minutes just for yourself	"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia				**Thank you for your kindness**