

Kindness Calendar July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st	2nd	3rd	4th	5th	6th	7th
Share this calendar to inspire kindness in others	Tell everyone what a great job they're doing	Appreciate the beauty all around you right now	Make plans to catch up with an old friend	Buy yourself some flowers, you're worth it!	Pucker up! It's 'Kissing Day'!!	Put aside past hurts on 'Forgiveness Day'
8th	9th	10th	11th	12th	13th	14th
Tell silly jokes to banish those Monday blues	Speak only kind words today, to others and to yourself	Eat your meals mindfully, focussing on the taste and texture	Make someone smile on 'Cheer up the lonely day'	Pay for someone else's coffee	Be present with everyone today	Book a longed-for day trip, w/e away, or holiday
15th	16th	17th	18th	19th	20th	21st
Be extra huggable on 'Hug your kids day'	Call that person who always puts a smile on your face	Take 10 minutes just for yourself	Tell someone all the reasons why you love them	Add to or start a food bank donation box	Eat healthy food to really nourish your body	Do something that makes you laugh out loud
22nd	23rd	24th	25th	26th	27th	28th
Compliment everyone you interact with today	Stick a positive message on a bathroom mirror for others to see	Connect with your cousins on 'Cousins Day'	Talk to someone new today	Donate your spare change to charity	Turn off the tv and play a game instead	Give yourself permission to do something you enjoy
29th	30th	31st	<p>"Kindness begins with the understanding that we all struggle." - Charles Glassman</p>			Thank you for your kindness
Be the first to smile and say hello	Get together with friends on 'Day of Friendship'	Go for a lunchtime stroll in nature				

Download your free Kindness Calendar at maketodayhappy.co.uk

Share your kindness experiences on [facebook.com/spreadingalittlekindness](https://www.facebook.com/spreadingalittlekindness)