

Kindness Calendar September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>"One person can make a difference, and everyone should try."</i> ~John F. Kennedy</p>			1	2	3	4
			<p>Share this calendar to inspire kindness in others</p>	<p>Notice if you're being judgement and be kind instead</p>	<p>Put down your phone, and give loved ones your full attention</p>	<p>Buy yourself some colourful flowers</p>
5	6	7	8	9	10	11
<p>Donate time, money, or pre-loved items 'Int. Day of Charity'</p>	<p>Curl up with a good book 'Read a Book Day'</p>	<p>If you notice you're rushing, make an effort to slow down</p>	<p>Ask someone how they are & really listen to their reply 'R U OK? Day'</p>	<p>Forgive someone and then let it go</p>	<p>Put a problem into perspective and try to see the bigger picture</p>	<p>Go to bed an hour earlier and enjoy more sleep</p>
12	13	14	15	16	17	18
<p>Listen and pause before you react to anger</p>	<p>Radiate positivity 'Positive Thinking Day'</p>	<p>Go for a soothing stroll in nature</p>	<p>Try out a new healthy recipe</p>	<p>Make someone feel loved today</p>	<p>Help rid your neighbourhood of litter 'World Clean-up Day'</p>	<p>Enjoy a no-plans day and just go with the flow!</p>
19	20	21	22	23	24	25
<p>Look for opportunities to brighten others' day</p>	<p>Call a friend/family member just to say hello</p>	<p>Write down 3 things you're grateful for 'World Gratitude Day'</p>	<p>Walk, cycle or use public transport 'World Car Free Day'</p>	<p>Be gently encouraging to someone who needs it</p>	<p>Tell someone why you're thankful for them in your life</p>	<p>Take action towards making a dream a reality 'World Dreams Day'</p>
26	27	28	29	30	<p>♥ Thank you ♥ for your kindness</p>	
<p>Give away genuine compliments all day long</p>	<p>Be extra patient with any challenges you face today</p>	<p>Help a neighbour in need 'Good Neighbour Day'</p>	<p>Look after the health of your heart 'World Heart Day'</p>	<p>Speak only kind words, to others and to yourself</p>		

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