

Kindness Calendar July 2024

Thank you for
your kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st	2nd	3rd	4th	5th	6th	7th
Share this Calendar to inspire kindness in others	Notice if you're being judgemental, and be kind instead	Talk to yourself positively 'Compliment Your Mirror Day'	Find a way to support a cause close to your heart	Look for opportunities to brighten someone's day	Pick up litter around your neighbourhood	Let go of any anger, grudges and resentment 'Forgiveness Day'
8th	9th	10th	11th	12th	13th	14th
Pause and listen before you react to anger	Tell someone all the reasons why you love them	Take a moment to appreciate your food and all that it took for it to reach your plate	Connect with someone 'Cheer up the lonely day'	Start a new healthy habit	Turn off the tv and play a game instead	Have a no-plans day and see how it feels
15th	16th	17th	18th	19th	20th	21st
Give something away that someone else could use 'Give Something Away Day'	Speak only kind words, to others and to yourself	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	Buy a coffee for the next person in the queue	Resist the urge to check your phone when spending time with others	Do something that makes you laugh out loud
22nd	23rd	24th	25th	26th	27th	28th
Stick a positive message on a bathroom mirror for others to see	Make extra effort with someone you don't know very well	Connect with your cousins on 'Cousins Day'	Go for a lunchtime solo stroll in nature	Ask 3 people about things they've enjoyed recently	Support local businesses as much as possible	Take 10 minutes just for yourself
29th	30th	31st	<p>"If you choose being kind over being right, then you'll be right every time." ~ Richard Carlson</p>			
Give everyone you interact with a genuine compliment	Connect with friends 'Day of Friendship'	Appreciate the beauty all around you right now				

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