

Kindness Calendar July 2022

Thank you for your kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime." ~ Dale Carnegie</p>				1st	2nd	3rd
				Share this calendar to inspire kindness in others	Support local businesses as much as possible,	Do something that makes you laugh out loud
4th	5th	6th	7th	8th	9th	10th
Pause and listen before you react to anger	Compliment everyone you interact with	Go for a lunchtime solo stroll in nature	Put aside past hurts on 'Forgiveness Day'	Speak only kind words, to others & yourself	Pick up litter around your neighbourhood	Buy yourself some flowers, you're worth it!
11th	12th	13th	14th	15th	16th	17th
Call someone on 'Cheer up the lonely day'	Stick a positive message on a bathroom mirror for others to see	Appreciate your food and all that it took for it to reach your plate	Look for opportunities to brighten someone's day	Cook extra and share	Be present with everyone you interact with	Start that book you've been wanting to read
18th	19th	20th	21st	22nd	23rd	24th
Be extra huggable on 'Hug your kids day'	Tell someone all the reasons why you love them	Notice and appreciate the beauty all around you	Buy a coffee for the next person in the queue	Turn off the tv and play a game instead	Take 10 minutes just for yourself	Connect with your cousins on 'Cousins Day'
25th	26th	27th	28th	29th	30th	31st
Eat healthy food to nourish your body	Find a way to support a cause close to your heart	Do a daily task mindfully, focusing on all your senses	Ask 3 people about things they've enjoyed recently	Don't be afraid to reach out and ask for help if you need it	Get together with friends- it's 'Day of Friendship'	Give yourself permission to do something you enjoy

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