

# Kindness Calendar July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"When you are kind to others, it not only changes you, it changes the world." - Harold Kushner</p> <p>☆ Thank you for your kindness ☆</p>					1	2
					Share this calendar to inspire kindness in others	Dance around the house to your favourite happy music
3	4	5	6	7	8	9
Tell silly jokes to banish those Monday blues	Turn off the tv and play a game instead	Call that person who always puts a smile on your face	Pucker up! It's 'Kissing Day'!!	Put aside past hurts on 'Forgiveness Day'	Book a longed-for day trip, w/e away, or holiday	Give yourself permission to do something you enjoy
10	11	12	13	14	15	16
Go for a lunchtime stroll in nature	Make someone smile on 'Cheer up the lonely day'	Make plans to catch up with a friend	Do something spontaneous	Be the first to smile and say hello	Add to or start a food bank donation box	Buy yourself some flowers
17	18	19	20	21	22	23
Be extra generous with your hugs on 'Hug your kids day'	Talk to someone new today	Stick a positive message on a bathroom mirror for others to see	Be present to everyone and everything today	Pay for someone's coffee	Tell someone why you love them	Do something that makes you laugh out loud
24	25	26	27	28	29	30
Connect with your cousins on 'Cousins Day'	Speak only kind words today, to others and to yourself	Appreciate the nature around you right now	Eat your meals mindfully	Compliment everyone you interact with today	Donate your spare change to charity	Be your own best friend on 'Day of Friendship'

Download your free Kindness Calendar at [maketodayhappy.co.uk](http://maketodayhappy.co.uk) ♥ Share your kindness experiences on [Facebook.com/spreadingalittlekindness](https://www.facebook.com/spreadingalittlekindness)

