

DECEMBER 2018

MONDAY

TUESDAY

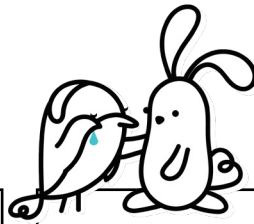
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



3
Put stray grocery carts back where they belong

4
Call a loved one you haven't spoken to in a while



5
Shovel a neighbor's driveway or be kind to your neighbors

6
Confide in someone you know cares about you

7
Donate your sick/vacation days to a coworker who is struggling

1
Find a local cause to donate to for the holidays



2
Spread the word about your favorite local business
Hanukkah Begins

10
Set up Amazon Smile and choose your favorite nonprofit to donate to

11
Thank your coworkers for doing a good job

12
Make an effort to not complain about anything today

13
Keep extra hand warmers on hand for someone in need

14
Tell your partner what a good hair/body/face day they're having

15
Let the person who seems rushed go in front of you

16
Return your shopping cart to its rightful place

17
Recognize the good in others



18
Adopt an animal from your animal shelter or sponsor an animal online

19
Be on time, don't leave others waiting for you



20
Genuinely compliment a family member or friend

21
Make someone a homemade blanket or scarf



22
Be understanding of traveling parents with grumpy kids

23
Forgive the person you still hold a grudge against

24
Put candy canes on car doors in a parking lot



25
Contact someone you know who may be alone today
Christmas Day

26
Compliment a neighbor's home / holiday decorations



27
Give someone a gift card that you don't intend to use

28
Pledge to become an organ / tissue donor next time you renew your ID

29
Create a random acts of kindness bucket list for next year

30
Write a note to someone who impacted your year for the better



31
Start a kindness memory jar to document your favorite moments in 2019!
New Year's Eve

KIND ACTS COMPLETED: ___ / 31