

JUNE 2024

make kindness the norm.

SUNDAY

MONDAY

TUESDAY


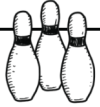






WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



							 <p>Take fresh baked goods to a police or fire station with a note of thanks for their service. 1</p>
<p>2</p> <p>Cook a meal or do a load of laundry for a friend who has just had a baby.</p>	 <p>3</p> <p>Invite a small group of friends out for a fun night of bowling.</p>	<p>4</p> <p>Have each guest at the dinner table say aloud one thing they are grateful for.</p>	<p>5</p> <p>Participate in the cleanup of a local river, pond, or lake.</p>	<p>6</p> <p>Donate a vacation or sick day to a colleague who's struggling with an illness or caring for a sick loved one.</p>	 <p>7</p> <p>Set up a free flower stand in your neighborhood.</p>	<p>8</p> <p>Send your best friend a framed picture of a special moment between you both.</p>	
 <p>9</p> <p>Leave bottles of bubbles at a children's park for them to find with a note that says "FREE BUBBLES".</p>	<p>10</p> <p>Reach out to an old friend you haven't spoken to in a while.</p>	<p>11</p> <p>Offer a glass of iced tea to a neighbor doing yard work.</p>	 <p>12</p> <p>Find time to read an inspiring book.</p>	<p>13</p> <p>Be mindful of the energy you bring to your workplace.</p>	<p>14</p> <p>Register to become a donor this year.</p>	<p>15</p> <p>Spend time in nature and take pictures.</p>	
<p>16</p> <p>Attend a caring support group or make new friends by attending a local event at meetup.com.</p>	<p>17</p> <p>Let someone else take a primo parking spot.</p>	<p>18</p> <p>Plan a picnic with your family or friends.</p>	<p>19</p> <p>Treat your father figure to dinner at his favorite restaurant.</p>	<p>20</p> <p>Acknowledge all your co-workers with a big smile and warm greeting.</p>	<p>21</p> <p>Write a letter to yourself at futureme.org about your positive attributes to read at a later date.</p>	<p>22</p> <p>Put aside your own viewpoint and try to view things from the other person's perspective.</p>	
<p>23</p> <p>Leave a basket of food for a family who is struggling financially.</p>	<p>24</p> <p>Make dinner for a neighbor who has just had a baby or surgery.</p>	 <p>25</p> <p>Go star gazing in the evening.</p>	 <p>26</p> <p>Mow a neighbor's lawn, rake their leaves, or sweep their sidewalk as a surprise.</p>	<p>27</p> <p>Be courteous and give up your seat on the train or bus to another.</p>	<p>28</p> <p>Donate "like new" stuffed animals and toys to charities or shelters for children to enjoy.</p>	<p>29</p> <p>When others are gossiping, be the one to chime in with something positive.</p>	
<p>30</p> <p>Offer a cold drink of water to someone working outside in the heat.</p> 							

MAY

JULY

S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
28	29	30	1	2	3	4	30	1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31	1	28	29	30	31	1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10