






30 Day Kindness Challenge Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Allow someone to go ahead of you in line.	2 Write a positive review for a local business.	3 Write and send a handwritten Thank-You note to someone.	4 Sit with someone who is eating alone.	5 Leave a positive message in a public place.	6 Free Idea Friday! Do something kind.	7 Volunteer at least 4 hours to a local non-profit organization.
8 Complete an errand for someone (family, friend, neighbor).	9 Pick up trash outside of where you work, live, or go to school.	10 Give a sincere compliment to a family member.	11 Ask someone how they are doing and be sure to listen.	12 Share one of your favorite foods with a friend or neighbor.	13 Free Idea Friday! Do something kind.	14 Organize a fundraiser for your favorite cause.
15 Invite an older neighbor, relative, or friend to do an activity.	16 Send a nice email or text to someone you haven't spoken to in a while.	17 Donate a nice or new piece of clothing you are not wearing.	18 Start a gratitude journal.	19 Give a genuine compliment to at least three people today.	20 Free idea Friday! Do something kind.	21 Attend an event that supports someone you care about.
22 Visit an animal shelter and spend quality time with the animals.	23 Say hello and smile to at least five people today.	24 Complete a chore for someone (family, friend, or neighbor).	25 Make a "Thank-You" card for your local first responders (or do a kind gesture).	26 Tell a service worker how well they did their job and wish them a great weekend.	27 Free idea Friday! Do something kind.	28 Spend time with a person over the age of 65.
29 Read or tell a story to a child.	30 Say something kind about another to their boss/teacher/parent.					
Additional Activities :	Pay for a strangers meal. Donate money to your favorite cause.	Register to be an organ donor. Donate blood.	Take a snack for everyone at work or school.	Invite some friends out to do something fun.	Donate to your local public library	

This challenge is designed to either complete as an individual or a group. For example, you can do some of the activities as a group such as volunteering or completing chores. Each individual in the group can complete activities such as writing a thank-you note, or paying a compliment. You can complete the challenge as a family, friend group, work group, a couple, or by yourself! The point of the challenge is to spread a little more kindness in our part of the world one act at a time!

