



January 2021

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"Kind words can be short and easy to speak but their echoes are truly endless." - Mother Teresa

- 1 Start a healthy routine by making time to exercise 2-3 times a week. Neighborhood walks count!
- 2 Create a kindness journal and jot down how you practice kindness each day.
- 3 Leave only encouraging comments on social media.
- 4 Remind yourself of a time when you learned a valuable lesson even when things didn't go as planned.
- 5 Listen to an uplifting podcast.
- 6 Send brand new crayons, markers, and coloring books to a children's hospital.
- 7 Give yourself permission to take breaks as needed throughout the day.
- 8 Leave a life-affirming Kind Note on a stranger's car window.
- 9 Save energy! Turn off a few lights.
- 10 Text or email three people a kind message.
- 11 Say hello to your neighbors when you pass each other on the street.
- 12 Leave a kind review for your favorite local restaurant.
- 13 Write some Kind Notes & deliver them to an assisted living home.
- 14 Share a funny memory with a friend you haven't talked to in a long time.
- 15 Bake your favorite treats and give them to a loved one.
- 16 Recommend a book, album, or show you really enjoyed to a friend.
- 17 Support a friend who is doing good work in the world.
- 18 Help a nonprofit organization by volunteering your time or telling friends & family about them.
- 19 Leave your mail carrier a friendly note.
- 20 Offer to help someone who has endured a major change or loss.
- 21 Complete a chore for a family member without being asked.
- 22 Donate used blankets and sheets to an animal shelter.
- 23 Pick up litter you see in your neighborhood.
- 24 Share one thing that you are grateful for on social media.
- 25 The next time you're going to make a purchase, research whether it can be made locally.
- 26 See if you can respond to self-critical thoughts with kind words to yourself.
- 27 Tell someone how they have helped you grow.
- 28 Create a visual reminder of kindness for your home, such as the "be kind" message in colorful markers or a hand-drawn "be kind" flower.
- 29 Schedule some relaxing "me time" to look forward to.
- 30 When you feel like complaining, see if you can reflect first on the situation for any positive or helpful lessons.
- 31 Learn more about the history of your neighborhood.