

# October 2021

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*"Be kinder to yourself. And then  
let your kindness flood the world."*

*— Pema Chodron*

- 1 Say "hello" or smile at any neighbors you see today.
- 2 Text three friends to remind them you value their friendship.
- 3 Donate a kindness-themed book to a local school.
- 4 Find three items that you no longer use and donate them.
- 5 Leave anonymous notes of encouragement around your school or workplace.
- 6 Replace a car trip with a walk or bike ride, if available to you.
- 7 Choose healthy options for your snacks today.
- 8 Give a stranger a compliment.
- 9 Relax by watching your favorite show or listening to your favorite music.
- 10 Reach out to someone you haven't heard from lately.
- 11 Honor Indigenous Peoples' Day by learning more about the original inhabitants of your area.
- 12 Think of one or two ways you could begin to work towards a long-term goal.
- 13 Don't hesitate to kindly say "no" when you need to.
- 14 Bake your favorite treat and share with friends and family.
- 15 When you become frustrated, practice taking three deep breaths.
- 16 On National Boss's Day, tell your boss something you value about them.
- 17 Leave a Kind Note on someone's car.
- 18 When something doesn't go as planned, consider what lessons you can take away.
- 19 Invite someone new to have a coffee or go for a walk.
- 20 Try out a local restaurant that you haven't tried before.
- 21 Pick up some Kindness Coins and share them throughout the month.
- 22 Return an extra shopping cart at the grocery store.
- 23 Write a Kind Note and leave it in your library book when you return it.
- 24 Try something that scares you.
- 25 Turn devices off an hour before bed so that you get better sleep.
- 26 Take ten seconds to stop and savor the positive moments in your day.
- 27 Add a positive comment to someone's social media post.
- 28 Write down three ways you could help to make your neighborhood a more kind place.
- 29 Ask a friend how you can help them the following month.
- 30 Pick up a few pieces of litter in your neighborhood.
- 31 Happy Halloween! Consider having treats or toys that include all types of trick-or-treaters.