

# JANUARY 2022 Kindness Calendar

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 and 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. Celebrate the life of Martin Luther King Jr. Help a civil rights organization by volunteering your time or telling friends and family about them.
18. Support a friend who is doing good work in the world.
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.