

MARCH 2022 Kindness Calendar

1. Focus deliberately on one goal today instead of trying to “do it all.”
2. Practice gratitude by listing all the kind things others have done for you recently.
3. Share a happy memory with a loved one.
4. Be kind to the planet and recycle.
5. Remember that it’s OK to start small.
6. Put on some music you loved years ago and enjoy the memories.
7. Learn how to say “hello” in two new languages.
8. Talk kindly to yourself as you would to a loved one.
9. Pick an individually wrapped or single-use item and set a goal to use less of it this month.
10. Donate food to a local food bank.
11. Share a memory on social media about someone who’s had a big impact in your life.
12. Read a book by a local author.
13. Remind yourself that it’s OK to ask for help.
14. Focus on being kind rather than being right.
15. Plan out your day and set reminders to take three breaks.
16. Re-frame a negative experience to think about what you learned.
17. Write a green Kind Note to a friend today!
18. Remember that you don’t have to please everyone to be a kind person.
19. Check in with someone you know who lives alone.
20. Don’t be afraid to speak up when you have a question, it’s how we learn!
21. Treat yourself to your favorite spring beverage today.
22. Turn off digital devices and really listen to those around you.
23. Savor an example of how your community is kind.
24. Be kind to someone who you feel inclined to criticize.
25. Share a message you find inspiring with your colleagues, friends, or family.
26. Use one of your strengths in a creative way that helps a friend.
27. Try a new way to practice self-kindness that brings you joy.
28. Reflect on your acts of kindness this month and celebrate them!
29. Notice how you are feeling today without judging yourself.
30. Set aside the time to enjoy the sunset today!
31. Instead of worrying, find a way you can take action to solve a problem.