



“A little thought and a little kindness are often worth more than a great deal of money.”

– JOHN RUSKIN

# AUGUST

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Write a letter of appreciation to your parents. <b>1</b>
INTERNATIONAL DAY OF FRIENDSHIP Host a get together with friends. <b>2</b>	Organize a workplace volunteer activity. <b>3</b>	Gift an inspiring book. <b>4</b>	Put your phone away while in the company of others. <b>5</b>	Give someone the gift of your ear by listening to them today. <b>6</b>	Spend a day saying only nice things about everyone. <b>7</b>	Offer to shop for someone going through a difficult time. <b>8</b>
Hold up positive signs for traffic or in a park for people exercising outside! <b>9</b>	Prepare a home cooked meal for your family. Make an extra dish to deliver to a homeless person. <b>10</b>	Practice self-kindness and spend 30 minutes doing something you love today. <b>11</b>	Mentor someone at work. <b>12</b>	FREE DAY! How can you go outside your comfort zone today? <b>13</b>	Do a household chore that your partner normally does to show them you appreciate it. <b>14</b>	Offer to drive a senior citizen to an appointment or for an errand. <b>15</b>
Find an outdoor hobby or outdoor group to join. <b>16</b>	Make a habit of including healthy food choices into your daily diet. <b>17</b>	Listen to everyone's opinion and thank them for sharing. <b>18</b>	Purchase bright yellow tulips and hand them to a stranger who is alone. <b>19</b>	Create a community GoFundMe for a family in financial crisis. <b>20</b>	Leave a basket of snacks and bottled water by your front door for delivery workers. <b>21</b>	Make a conscious effort to smile more today. <b>22</b>
Set aside some time today for self-care. <b>23</b>	Donate to an animal related cause. <b>24</b>	Leave encouraging notes for local street performers/artists. <b>25</b>	Organize a "Charity Day" at work. <b>26</b>	Leave an inspiring book on the train with a note to pass it on. <b>27</b>	Plan a weekend getaway in nature and unplug from all electronic devices. <b>28</b>	Try to make sure every person in a group conversation feels included. <b>29</b>
Organize a picnic day at the park with friends, family or partner. <b>30</b>	Help a parent traveling solo to entertain their kids. <b>31</b>					