"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind" – HENRY JAMES

OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Make someone a homemade blanket or scarf.	WORLD SMILE DAY Smile! ALL. DAY. LONG!	Make first aid kits for homeless shelters.
				1	2	3
Plan a spontaneous date with your partner, doing things you both love. 4	Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game. 5	Leave a basket of food for a family who is struggling financially.	Purchase from the free service, igive.com, to have a small donation made to your favorite charity. 7	Publicly praise someone for their valued work. 8	Bring workers out in the cold or the homeless some hand warmers. 9	When you see a flustered parent in a coffee or ice cream shop, purchase their order and turn their day around. 10
Bring your partner breakfast in bed.	Listen to an inspirational TED talk.	Start a butterfly garden in your community.	Send a family photo to your parents or grandparents.	Share your favorite Fall recipe with friends.	Surprise someone with a thoughtful, inexpensive gift.	Buy a round of drinks at the bar.
11	12	13	14	15	16	17
Compliment a parent on their child's good behavior. 18	Offer to give a friend a ride home. 19	Leave uncarved pumpkins on a family's doorstep along with kid friendly tools for carving.	Start a meeting with a round table of celebrations and gratitude. 21	Leave an inspiring poem, or painting somewhere in the community for someone to discover. 22	Treat your partner to a small treat with a note of appreciation for them. 23	FREE DAY! Do something meaningful today. 24
Participate in the cleanup of a local river, pond, or lake.	Become a conscious consumer.	Mentor someone this month and share your expertise.	Join a local group that shares your interests.	Frame an inspiring quote as a gift.	Help tutor a struggling student.	Share treats with whoever you spend today with.
25	26	27	28	29	30	31