



“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.” – ALBERT SCHWEITZER

NOVEMBER

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Create a gratitude jar and fill it with things you are grateful for all month. 1	Help a neighbor rake leaves or with a household chore. 2	Refrain from making assumptions or jumping to conclusions. 3	Connect with a new travel group and travel more. 4	Fill an old purse with snacks, water, mirror, combs, hygiene products, a spray and leave it with a homeless woman. 5	Leave extra quarters in a zipup bag and tape it on your building's laundry machines. 6	Leave a note on the public restroom mirror that says "you look amazing!" 7
Write special things about a loved one on cut out hearts. They can read a message anytime they need a pick-me-up. 8	Buy flowers or a new plant for your home. 9	Be accountable for everything you do or say today. 10	Purchase groceries for the person in front of you in the express line. 11	VETERANS DAY Perform an Act of Kindness for a Vet. 12	WORLD KINDNESS DAY Spend today spreading kindness however you can. 13	Save your hair to donate to "Locks of Love." 14
Participate in or help organize a community parade/event celebration. 15	Put aside your viewpoint and try to view things from the other person's perspective. 16	Knit something for someone to cherish. 17	Organize a campaign to raise money to buy and install new playground equipment for a park. 18	Spend time today journaling what you would like your life to look like two years from now. 19	Hand out free hot coffee to commuters waiting for their bus/train. 20	Pick up litter in the park. 21
Visit your parents and make them dinner. 22	Write and send a thank you note to someone in your life that helped you through adversity. 23	FREE DAY! Think about how you can be a person of integrity. 24	Let go of an old grudge. 25	THANKSGIVING Ask everyone to write a note about what they appreciate about each person and read the cards aloud. 26	Take your change to a Coinstar machine and donate your collection to charity. 27	Send a care package to a soldier. 28
Be someone's tour guide in your city. 29	Empty and read the gratitude jar you have created throughout the month. 30					