



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