



“Kindness is like snow- It beautifies everything it covers.”
 – KAHILIL GIBRAN

DECEMBER

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season. 1	Offer life or career advice to a younger person. 2	Send cheerful holiday cards with inspiring quotes to hospitalized children using the “Cardz for Kidz” service. 3	Contribute toys to your local “Toys for Tots” campaign. 4	Take a hot bath. Soaking in a hot tub, preferably with Epsom salt and aromatherapy oils. 5
Spend time in nature by going on a hike or a walk through the park. 6	Get festive and decorate your home for the holidays. 7	Send family, friends and coworkers coupons to their favorite shops. 8	Send coloring books, toys, and balloons to children’s hospitals. 9	Pay for the coffee, the toll, or the bus fare for the person behind you. 10	HANUKKAH Spend time talking to the person who is standing alone at a holiday party. 11	Get festive and decorate your home for the holidays. 12
Treat yourself to a small purchase of something that makes you smile. 13	Carpool or take public transportation today to work. 14	Create handmade holiday gifts for friends, family and coworkers. 15	Take a friend or family member on a spontaneous adventure. 16	FREE DAY! How can you show respect today? 17	Start your next work meeting with an inspiring video. 18	Create a kindness tree and ask family and friends to decorate it with ornaments that have notes attached of a kind act they did. 19
Reach out to a neighbor to offer any help they might need. 20	Get some friends together and gather treats for delivery workers with a note of appreciation for all their hard work. 21	Share your favorite recipe with a friend. 22	Prepare a meal for or help out a family that is struggling with an emotional or financial hardship. 23	CHRISTMAS EVE Open your home for the holidays. Invite neighbors and friends over for drinks or dessert. 24	CHRISTMAS Gift a loved one an experience rather than a material gift. 25	KWANZAA Name a star after someone. 26
Schedule an after-the-holidays massage for yourself. 27	Pack extra snacks to offer to friends or coworkers. 28	Leave dollar bills on the shelves at the dollar store with a note that says “treat yourself to anything in the store—on me.” 29	Make a list of ten things you’d like to accomplish next year. 30	NEW YEARS EVE Offer to take a photo of a couple. 31		