



“Because that’s what kindness is. It’s not doing something for someone else because they can’t, but because you can.”

– ANDREW ISKANDER

FEBRUARY

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Transform your living space into a welcoming haven. 1
Create a care bag for a homeless person with gloves, scarf, treats, hygiene products and a gift card. 2	Write a letter to yourself at futureme.org about your positive attributes to read at a later date. 3	Participate in a coat drive and put encouraging notes in the coat pockets. 4	Lend a helping hand when you see someone struggling with a heavy load. 5	Surprise someone with an unexpected gift left outside their door. 6	Send a card to a friend you've been thinking about. 7	Organize a party with friends or family. 8
Learn something new. Take a dance or exercise class. 9	Give your partner something thoughtful such as a compilation of their favorite songs. 10	Play Cupid—introduce two single people who you think would make a great match. 11	Send flowers and candy to a nursing home or someone who is alone. 12	Help a teacher get the supplies needed for class. 13	Take someone out for coffee today. 14	Plan to attend a cultural event in your community. 15
Give your pet extra attention today. 16	RANDOM ACT OF KINDNESS DAY Put a filled cookie jar in your work kitchen for coworkers to enjoy. 17	Buy lottery tickets and pass them out to strangers. 18	FREE DAY! Find a way to show compassion today. 19	Encourage someone to pursue their dreams and offer help to achieve their goals. 20	Pay for someone’s coffee behind you. 21	Take the children in your life out for fun afternoon. Bring them to the zoo or to park or out for ice cream. 22
Refrain from complaining for a week. 23	Hide money in random places for strangers to find. 24	Hold a Teddy Bear drive and then donate the bears to hospitals and police stations for children. 25	Thank a veteran by donating to a worthy veterans cause or lend a hand in a VA hospital. 26	Silence any negative thoughts, self doubt or judgments today. 27	Be kind to yourself. Enjoy a treat you love, exercise, or do something you love but never have time to do. 28	