



“Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.”

– SCOTT ADAMS

# MARCH

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Make a purchase from a local business.</p> <p>1</p>	<p>Take fresh baked goods to a police or fire station with a note of thanks for their service.</p> <p>2</p>	<p>Create a poster with an uplifting saying and post it in a public space.</p> <p>3</p>	<p>Everyone is important. Learn the names of your receptionist, security guard and custodians.</p> <p>4</p>	<p>Slip a \$10 bill in with a box of diapers and leave it at a baby changing station.</p> <p>5</p>	<p>Plan to become CPR certified this year.</p> <p>6</p>	<p>Find a weekend event that supports your passion.</p> <p>7</p>
<p>INTERNATIONAL WOMENS DAY</p> <p>Share a post about an influential woman in your life.</p> <p>8</p>	<p>Make a donation to a global charity of your choice.</p> <p>9</p>	<p>Help your children, nieces or nephews with their homework.</p> <p>10</p>	<p>Publicly acknowledge and/or praise someone who deserve the attention but rarely receives it.</p> <p>11</p>	<p>Share your favorite song with your social media community.</p> <p>12</p>	<p>Share your career goals with your boss or a colleague.</p> <p>13</p>	<p>Participate in a community fundraiser.</p> <p>14</p>
<p>Take today to kick back, relax and reflect on what's really important in life.</p> <p>15</p>	<p>Change three small things about your routine that will help the environment.</p> <p>16</p>	<p>Send a college student you know a care package.</p> <p>17</p>	<p>Create a kindness idea basket for coworkers to add to and grab ideas from.</p> <p>18</p>	<p>Learn to say hello or thank you in a coworker's or friend's native language.</p> <p>19</p>	<p>INTERNATIONAL DAY OF HAPPINESS</p> <p>Spend the day doing what makes you happy.</p> <p>20</p>	<p>Place positive body image sticky notes on dressing room mirrors.</p> <p>21</p>
<p>If allowed, schedule a time to bring your dog to your local children's hospital or nursing home for a visit to lift spirits.</p> <p>22</p>	<p>Make a bucket list and start by completing one thing on it by the end of this week.</p> <p>23</p>	<p>Leave a flower on someone's desk, windshield, or in their mailbox.</p> <p>24</p>	<p>Make a conscious effort to avoid judging others today.</p> <p>25</p>	<p>Stay a little later to assist a coworker with their workload.</p> <p>26</p>	<p>Leave a large tip on your dinner bill.</p> <p>27</p>	<p>Donate gently worn clothes to your local thrift store.</p> <p>28</p>
<p>Send someone who is sick some chicken soup and a get well card.</p> <p>29</p>	<p>Listen to an upbeat playlist while you're getting ready or on your commute to work.</p> <p>30</p>	<p>Treat your server to a dessert as a surprise.</p> <p>31</p>				