

Kindness Calendar July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Offer your seat on a train or bus to someone who needs it more	Post something you no longer need on Craigslist for free.	Help a friend pack for a move.
4	5	6	7	8	9	10
No dirty looks when someone splashes you at the pool	Donate gently used clothing to a local homeless shelter	Make a Top 10 List of things you're thankful for and share it	Buy a struggling family a season pass to the municipal pool	Give a beautiful plant to someone	Send someone a hand-written card	Drop off flowers at a friend or neighbor's house.
11	12	13	14	15	16	17
Tell the boss what a great job they did.	Plant a tree	Take a minute to offer directions to someone who is lost	Talk to someone new.	Give away a gift card that you don't plan to use	Simply say "I'm sorry" when you're wrong.	Pay the toll for the driver behind you.
18	19	20	21	22	23	24
Offer to babysit for a single Mom or Dad	Inspire someone today	Text or tell someone you're thinking about them.	Give a smile and a friendly wave to a neighbor	Be kind to the messenger.	Take a cart in with you from the parking lot	Bring donuts, cookies or other tasty treats to share at work
25	26	27	28	29	30	31
Don't interrupt.	Don't interrupt when someone is explaining themselves.	Volunteer your time at a non-profit organization.	Donate event tickets to local charity organization	Recommend a book; Better yet, lend that book.	Make it a point to pay someone a sincere compliment today	Pass along nice things someone else said about a friend