

Kindness Calendar October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>An obstacle can become a stepping stone, it all depends on how you look at it.</i>				1	2	3
				Recycle anything, correctly	Mentor someone, a child or an adult	Run an errand for a busy friend
4	5	6	7	8	9	10
Listen with all your senses.	At a restaurant, pay for another table's meal or dessert	Volunteer to take care of a friend's dog who is on vacation	Relay an overheard compliment.	Make eye contact and smile	Leave a tip; A big one.	Share something without being asked
11	12	13	14	15	16	17
Return the lone shopping cart.	Ask a wise person for their insight	Write anonymous, inspirational notes for strangers to find.	Bring donuts, cookies, or other tasty treats to share at work	Give up your seat to someone who needs it more.	Ask someone how their day was, and listen attentively	Put your shopping cart back in its place.
18	19	20	21	22	23	24
Offer your mail carrier a bottle of water or tasty snack.	Sell some stuff online and give the proceeds to charity	Help someone with their groceries or bags.	Pass along a great book you've just finished reading.	Take a moment to thank someone who is always there for you	Give a homeless person your doggie bag.	Send dessert to someone's table.
25	26	27	28	29	30	31
Plan an entire day when you don't complain or criticize anyone	Read a book on something new to gain new perspective	Wave back to children who wave at you.	Help someone set up a social media account	Call your family just to say hi and see how they're doing	Ask others - sincerely - what you can do to help.	Remove debris or other obstacles from a road or path.