

NOVEMBER KINDNESS & GRATITUDE CALENDAR

This November, complete as many kindness & gratitude challenges as possible. Mark each challenge you complete.

At the end of the month, see how many you were able to accomplish!

SUN	MON	TUE	WED	THU	FRI	SAT
	1 WRITE A KIND MESSAGE & STICK IT IN A PUBLIC PLACE.	2 TEXT SOMEONE WHY YOU'RE GRATEFUL FOR THEM..	3 POST A COMPLIMENT TO A FRIEND OR COLLEAGUE.	4 DONATE A PAIR OF GLOVES TO A LOCAL ELEMENTARY SCHOOL.	5 TELL SOMEBODY YOU LOVE HOW IMPORTANT THEY ARE.	6 LEAVE A HEADS UP PENNY.
7 TELL SOMEBODY WHY YOU'RE PROUD OF THEM.	8 WRITE A THANK YOU CARD FOR YOUR SCHOOL JANITOR.	9 DO AN EXTRA CHORE AT HOME WITHOUT BEING ASKED.	10 SPEND 10 MINUTES THINKING OR MEDITATING ABOUT KINDNESS.	11 SINCERELY THANK A CASHIER AT YOUR LOCAL GROCERY STORE.	12 VISIT A NURSING HOME. SPEND TIME WITH SOMEONE WHO DOESN'T GET VISITORS.	13 TAPE A QUARTER ONTO A GUMBALL MACHINE.
14 GIVE COFFEE TO YOUR BUS DRIVER OR ASSISTANT.	15 GO THROUGH YOUR OLD CLOTHES. DONATE WHAT YOU NO LONGER NEED.	16 CALL YOUR MAYOR AND THANK THEM FOR ALL THE WORK THEY DO FOR THE COMMUNITY.	17 WRITE A THANK YOU CARD.	18 WALK DOGS AT THE LOCAL DOG POUND.	19 MAKE A LIST OF EVERYTHING YOU ARE GRATEFUL FOR.	20 SHOW YOUR LOVE BY SPENDING QUALITY TIME WITH YOUR FAMILY.
21 PICK UP LITTER AT YOUR LOCAL PARK OR PLAYGROUND.	22 LEND A HAND TO SOMEONE NEEDING HELP.	23 SMILE AS OFTEN AS YOU CAN.	24 GIVE SOMEONE A SMALL GIFT. JUST BECAUSE.	25 SEND A LOVED ONE A HANDWRITTEN NOTE.	26 CHEER ON SOMEBODY ELSE'S ACHIEVEMENTS OUT LOUD.	27 HUG SOMEONE!
28 DO A RANDOM ACT OF KINDNESS.	29 TELL YOUR LOVED ONES WHY YOU LOVE THEM. BE SPECIFIC.	30 DO SOMETHING KIND FOR YOURSELF.				

