AUGUST

A Month of Positive Psychol...

Kindness. One small habit for well-being a day.

2027

MON	TUE	WED	THU	FRI	SAT	SUN
						1 Do one kind thing for someone without telling them
2 Pay a compliment to a stranger	3 Pick up something someone dropped	4 Donate something you no longer need	5 Let someone go ahead of you in line	6 Write a kind note and leave it somewhere	7 Offer to help a neighbor	8 Cook or bring food to someone
9 Give your time to someone who is lonely	10 Share something you made	11 Smile and say thank you to a worker	12 Leave a generous tip, if you can	13 Listen to someone who needs to talk	14 Send a message of support to a friend	15 Give someone a book or song you love
16 Help someone carry something	17 Write a good review for a small business	18 Be kind to yourself in one small way	19 Let a driver pass without anger	20 Help a coworker finish a task	21 Show someone how to do something you know	22 Say something kind about a friend to others
23 Donate to a cause you care about	24 Plant a tree or flower for others to enjoy	25 Give a hug to someone who needs it	26 Be patient with someone who is struggling	27 Offer your seat	28 Share a joke or a funny story	29 Do one chore for someone else
30 Notice how giving made you feel	31 Write a list of kind acts you did this month					