

# NOVEMBER 2024

**make  
kindness  
the norm.**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



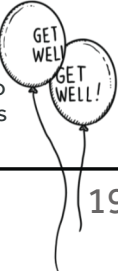




SATURDAY

OCTOBER

S	M	T	W	Th	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

DECEMBER

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

						1	2
						Start a gratitude journal with all the things you are thankful for.	Place positive quotes on buses, trains, doors, etc. to put a smile on a passerby's face.
3	4	5	6	7	8	9	
Uplift a family member by sending them a box filled with cut out hearts that have a positive quality about them written on each.	Praise someone's performance in front of other co-workers.	 Make your voice heard and cast your vote.	Create a fun family time capsule of nostalgic items with shared memories to open together in the future.	 Knit something for someone to cherish.	Start a community collection for a family or someone in desperate need.	Stay a little later to help a colleague struggling to finish a project.	
10	11	12	13	14	15	16	
Create a Birthday Box for someone special filled with keepsakes.	Thank a veteran by donating to a worthy veteran cause or lend a hand in a VA hospital.	Send coloring books, toys, and balloons to a children's hospital. 	Celebrate World Kindness Day by handing out free hot coffee to commuters waiting for their bus/train.	Put your phone away while in the company of others.	Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life.	Spend today saying and thinking only nice things about everyone you encounter.	
17	18	19	20	21	22	23	
 Plan a road trip somewhere new.	Join a group that shares your own interests.	Silence any negative thoughts, self-doubt, or judgments today.	Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game.	Introduce yourself to your neighbors and invite them over to dinner.	Donate to a charity that helps create equality.	Think of a way you can show appreciation today and then do it.	
24	25	26	27	28	29	30	
Bake a cake for a friend or partner for their birthday or a special occasion. 	Invite a new co-worker to lunch.	Think of how you can use your unique talents to make a positive difference.	 Pay it forward to the next person in line at the movies.	Host a dinner and ask everyone to write a note about what they appreciate about each guest to read aloud before dinner.	 Plan to become CPR-certified next year.	Be welcoming to a new neighbor, classmate, or co-worker.	