

30 Days of Kindness



MON	TUE	WED	THU	FRI	SAT	SUN
Write a letter to an old friend.		Read stories to children at a school or library.		Visit a retirement home.		Bring donuts to work or to your neighbors.
	Pick up litter in your neighborhood.		Send holiday cards to military members overseas.		Water your neighbor's garden.	
Buy coffee for the car behind you.		Buy some flowers for an elderly neighbor.		Pay off someone's library fine.		Leave money in a parking meter.
	Sing with your kids and enjoy the music!		Tell another mom she's doing a great job!		Look in the mirror and say great things about. . .YOU!	
Take family photos for a friend for free.		Volunteer at a soup kitchen.		Make dinner for someone who doesn't expect it.		Let someone cry on your shoulder and just listen.

Write down the kind things you do each day to impact others.