KINDNESS CALENDAR: DECEMBER 2019

1. Encourage kindness. Share the Kindness Calendar with others
2. Support a charity, cause or campaign you really care about
3. Give kind comments to as many people as possible today
4. Listen wholeheartedly to others without judging them
5. Leave a positive message for someone else to find
6. Notice when you’re hard on yourself or others and be kind instead
7. Make gifts to give to people who are homeless or feeling lonely
8. Do something helpful for a friend or family member
9. Be generous. Feed someone with food, love or kindness today
10. Count your blessings: list the kind things others have done for you
11. Give someone your place in a queue (in traffic or in a shop)
12. See how many different people you can smile at today
13. Buy some extra items and donate them to a local food bank
14. Share a happy memory or inspiring thought with a loved one
15. Visit an elderly neighbour and brighten up their day
16. Look for something positive to say to everyone you meet today
17. Thank people who do things for you but you may take for granted
18. Offer to help someone who is facing difficulties at the moment
19. Give away something that you have been holding on to
20. Congratulate someone for an achievement that may go unnoticed
21. Shop locally and support independent producers
22. Invite over someone who would otherwise be alone
23. Choose to give or receive the gift of forgiveness
24. Offer spontaneous hugs to your loved ones and friends
25. Treat everyone with kindness today, including yourself!
26. Encourage others to join you outside and enjoy time in nature
27. Call a relative who is far away to say hello and have a chat
28. Be kind to the planet. Eat less meat and use less energy
29. Turn off digital devices and really listen to people
30. Let someone know how much you appreciated their gift
31. Plan what extra acts of kindness you will do in 2020...

“Do your little bit of good where you are; those little bits together overwhelm the world” ~ Desmond Tutu

ACTION FOR HAPPINESS
#DoGoodDecember

Your happiness is part of something bigger

Join the movement for a happier and kinder world

www.actionforhappiness.org