

DECEMBER 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

3 Put stray grocery carts back where they belong

10 Set up Amazon Smile and choose your favorite nonprofit to donate to

17 Recognize the good in others

24 Put candy canes on car doors in a parking lot

31 Start a kindness memory jar to document your favorite moments in 2019!
New Year's Eve

4 Call a loved one you haven't spoken to in a while

11 Thank your coworkers for doing a good job

18 Adopt an animal from your animal shelter or sponsor an animal online

25 Contact someone you know who may be alone today
Christmas Day

5 Shovel a neighbor's driveway or be kind to your neighbors

12 Make an effort to not complain about anything today

19 Be on time, don't leave others waiting for you

26 Compliment a neighbor's home / holiday decorations

6 Confide in someone you know cares about you

13 Keep extra hand warmers on hand for someone in need

20 Genuinely compliment a family member or friend

27 Give someone a gift card that you don't intend to use

7 Donate your sick/vacation days to a coworker who is struggling

14 Tell your partner what a good hair/body/face day they're having

21 Make someone a homemade blanket or scarf

28 Pledge to become an organ / tissue donor next time you renew your ID

8 Make "favor coupons" to give to your friends or family

15 Let the person who seems rushed go in front of you

22 Be understanding of traveling parents with grumpy kids

29 Create a random acts of kindness bucket list for next year

9 Make a family member or roommate breakfast in bed
Hanukkah Begins

16 Return your shopping cart to its rightful place

23 Forgive the person you still hold a grudge against

30 Write a note to someone who impacted your year for the better

KIND ACTS COMPLETED: _____ / 31