

30 DAYS OF THANKS

NOVEMBER 2023 DAILY ACTS OF KINDNESS CALENDAR

			1 Take the Kindness Pledge.	2 Start a gratitude habit. Write 3 things you're thankful for daily.	3 Find your favorite teacher online and thank them for their impact.	4 Bring your favorite fall treat to a neighbor.
			5 Find a local animal shelter and donate food or your time.	6 Care for your environment. Pick up trash on the walk to your car.	7 Find a moment to reach out to a friend you haven't seen in a while.	8 Tell a coworker why you're thankful for them.
12 Offer to bring a meal to a new parent.	13 World Kindness Day—grab a coffee and pay for the person behind you.	14 Fuel your body. Learn to make a new nourishing recipe (or order one in).	15 Care for what you have. Clean a neglected area of your home.	16 Donate your favorite children's book to a local school or hospital.	17 Call a loved one just to check in. Ask about their day.	18 Send a bouquet to your local senior center or nursing home.
19 Research a cause you're passionate about. Learn how to help!	20 Practice good listening. Enjoy a conversation with an old friend.	21 See a sale on school supplies? Purchase some to donate!	22 Make someone's day. Do a good deed anonymously.	23 Thanksgiving Day—offer to wash the dishes at your holiday meal.	24 Take a gratitude walk. Enjoy a long stroll in your neighborhood or local park.	25 Bring a pound of your favorite coffee to a local first responder unit.
26 Be a helper. Plan to get CPR certified in 2024.	27 Support a local business and leave a positive review about your experience.	28 Write a thank-you note to the staff at your nearest hospital.	29 Find a holiday donation effort that matters to you and get involved!	30 Reflect on your month and write down 3 moments you were grateful for.	<p>Together, we are committed to growing in gratitude and cultivating kindness.</p> <p>Let's turn the 30 Days of Thanks into our 365 habit!</p> 	