

# 30 DAYS OF THANKS

NOVEMBER 2022  
DAILY ACTS OF KINDNESS CALENDAR

		<b>1</b> Take the kindness pledge	<b>2</b> Tell someone how they've made you smile	<b>3</b> Thank a teacher	<b>4</b> Help a neighbor	<b>5</b> Donate to an animal shelter
		<b>6</b> Pick up trash in your neighborhood or community	<b>7</b> Recognize 3 things you usually take for granted	<b>8</b> Identify 3 things about yourself you are proud of	<b>9</b> Tell a coworker why you are thankful for them	<b>10</b> Talk with, or write a letter, to an elderly person
<b>13</b> World Kindness Day Find a local volunteer opportunity	<b>14</b> Inspire a child to be a Rising Star	<b>15</b> Pay it forward	<b>16</b> Call someone just to tell them you love them	<b>17</b> Donate children's books to a hospital or school	<b>18</b> Connect with a long-lost friend	<b>19</b> Thank a coach or someone who regularly donates their time
<b>20</b> Give thanks to a First Responder	<b>21</b> Compliment a stranger	<b>22</b> Ask someone about their day	<b>23</b> Tell someone they have inspired you and how	<b>24</b> Thanksgiving Day Identify 10 things you are grateful for	<b>25</b> Show gratitude to a healthcare worker	<b>26</b> Support a local business
<b>27</b> Plan a one-on-one activity with someone you love	<b>28</b> Write a positive online review for a business	<b>29</b> Write someone an encouraging note	<b>30</b> Donate to a food bank	 <p>Let's turn the 30 Days of Thanks into a 365 habit.</p> <p>If you particularly enjoy one of the daily challenges, commit to sticking with it!</p> 		