

30 DAYS OF THANKS

NOVEMBER 2022
DAILY ACTS OF KINDNESS CALENDAR

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