

# 30 DAYS OF THANKS

## NOVEMBER 2023 DAILY ACTS OF KINDNESS CALENDAR

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