


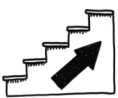






# SEPTEMBER 2024

make  
kindness  
the norm.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																		
 <p>1 Surprise someone with a thoughtful, inexpensive gift.</p>	<p>2 Plan a neighborhood block party so everyone can get to know each other better.</p>	<p>3 Leave a jar of coins for others to use at a wishing fountain.</p>	<p>4 Buy a decadent treat at the grocery store or your favorite bakery for yourself.</p>	 <p>5 Take a scenic drive to the mountains to enjoy the Fall foliage.</p>	<p>6 Start a new book about a topic that is completely unknown to you.</p>	<p>7 Send a framed family photo to your parents or grandparents.</p>																																																																																																		
 <p>8 Donate books, puzzles, and games to elementary schools or daycare centers.</p>	<p>9 Think of a fun way you can show generosity today and then do it.</p>	<p>10 Help a friend on their moving day.</p>	<p>11 Offer to help someone who has just endured a major life event or loss.</p>	 <p>12 Share your career goals with your boss or a colleague.</p>	<p>13 Become an agent of positivity.</p>	 <p>14 Donate shoes, boots, and warm clothes to a homeless shelter.</p>																																																																																																		
<p>15 Put some change in an envelope and tape it to a 25¢ candy vending machine.</p>	<p>16 Paint inspiring words on rocks and leave them in the community for others to find.</p>	 <p>17 Gather some coworkers to help pick up trash in your local park during lunch.</p>	<p>18 Play a board game or do a puzzle with friends and/or family.</p>	<p>19 Make a list of five things you are grateful for.</p>	<p>20 Start a Kindness club at your school or at your company.</p>	<p>21 Say something nice to someone you do not particularly like.</p>																																																																																																		
<p>22 Start a chain of kindness and pay for the next person's order at a drive-thru.</p>	 <p>23 Pay attention to your internal dialogue.</p>	<p>24 Do something crafty, such as knitting, sewing, or painting.</p>	<p>25 Send a handwritten letter to someone who's made a difference in your life.</p>	<p>26 Make the switch to cruelty-free products.</p>	<p>27 Get out and explore! Be a tourist in your own city for a day.</p>	<p>28 Donate old books, toys or games to a local library or thrift store.</p>																																																																																																		
 <p>29 Leave a positive note in library books for strangers to discover.</p>	<p>30 Ask for and accept help when needed.</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><b>AUGUST</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> </div> <div style="text-align: center;"> <p><b>OCTOBER</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table> </div> </div>					S	M	T	W	Th	F	S	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	S	M	T	W	Th	F	S	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9
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