

OCTOBER 2023

make
kindness
the norm.™

SUN	MON	TUE	WED	THU	FRI	SAT
1 Refrain from jumping to conclusions today.	2 Remember team members' birthdays and important events and celebrate them!	3 Do something that you find challenging today.	4 Fulfill an item on a teacher's Amazon Wish List.	5 Write an encouraging letter to a deployed or wounded member of the military through Operation Gratitude.	6 Smile at everyone you meet today.	7 Buy someone a gift certificate to their favorite coffee shop.
8 Allow someone to merge ahead into traffic.	9 Plan a weekend hike in nature and decompress.	10 Conserve water by turning it off when not in use, fixing leaks, and installing water-saving devices.	11 Hold the elevator or door open for others.	12 Sign up for a free online class, webinar, or conference to learn something new.	13 Leave un-carved pumpkins on a family's doorstep along with kid-friendly tools for carving.	14 Stop what you're doing for a few minutes to just breathe and appreciate life.
15 Bring a friend or family member a souvenir from a trip.	16 Stay a little later to assist a co-worker with their workload.	17 Take time to really listen to someone and respond with kindness.	18 Write and send a thank you note to someone in your life that helped you through adversity.	19 Put a \$10 or \$20 bill in a book with a note that says, "Great choice! This book is on me!"	20 FREE DAY! Do something meaningful today.	21 Do yoga or meditate.
22 Set positive intentions for the week.	23 Send someone who is sick some chicken soup and a get-well card.	24 Write a list of tasks you have been procrastinating and work on completing them today.	25 Make an appointment with your financial advisor to discuss your financial portfolio.	26 Foster animals that the shelters do not have space for.	27 Do something that makes YOU happy today.	28 Write a letter to yourself, forgiving past mistakes.
29 Text a friend to make sure they got home safely after a night out.	30 Paint positive messages on pumpkins and leave them around the community.	31 Try out a new recipe and share it with others.	1	<p style="text-align: center;"> SEPTEMBER S M T W Th F S 27 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 1 2 3 4 5 6 7 </p> <p style="text-align: center;"> NOVEMBER S M T W Th F S 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 1 2 3 4 5 6 7 8 9 </p>		