

NOVEMBER '17

30 DAYS OF KINDNESS CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Join the Spread Peace & Love 30 Days of Kindness Challenge! During the month of September commit to performing one random act of kindness each day. "Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." ~ Scott Adams</p>						
			1 Leave change on the vending machine.	2 Write a hand written letter to a friend.	3 Smile at a stranger.	4 Let someone ahead of you in line.
5 Leave a penny heads up for someone to find.	6 Donate old towels to your local animal shelter.	7 Send or pick flowers for your mother or someone special.	8 Be kind to someone who could use a friend.	9 Give out five compliments.	10 Place a note of encouragement on a random door.	11 Call your grandparents or an elderly relative.
12 Pick up a piece of litter.	13 Leave a note of thanks for the mail delivery person to find.	14 Donate to a cause you are passionate about.	15 Bring someone a study or work snack.	16 Text someone you need to catch up with.	17 Post an inspiring quote at work, a coffee shop or on campus.	18 Give a friend a hug for no reason at all.
19 Leave an encouraging note in a book at the library or in a magazine at the store.	20 Donate gently used toys, clothes or suitcases to a shelter.	21 Bake cookies and bring them to your local fire or police station.	22 Pass along a great book you recently finished reading.	23 Tell someone that you appreciate him or her.	24 Write a note for a teacher or mentor who had a positive effect on you.	25 Be a good listener.
26 Send a letter to a veteran or overseas soldier.	27 Shop or eat at a local family owned business.	28 Plant a tree where others can enjoy it.	29 Write a letter to a child who could use some extra support or love.	30 Pass this challenge along for someone to complete next month!		