

March 2021 Random Acts of Kindness

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Wave to someone!	2 <i>Pick up Trash on the street</i>	3 <i>Help a neighbor with groceries</i>	4 <i>Leave flowers on someone's doorstep anonymously</i>	5 SEND A THANK YOU NOTE TO REMIND SOMEONE YOU APPRECIATE THEM	6 <i>Smile at someone just because :)</i>
7 <i>Donate toys to a local charity</i>	8 HELP SOMEONE BEFORE THEY ASK	9 <i>Pay for the person's order behind you in the drive-through</i>	10 <i>Call a relative to say hello</i>	11 CHALK THE SIDEWALK WITH POSITIVE MESSAGING	12 <i>Compliment someone!!</i>	13 <i>Ask someone how they're doing - & listen!</i>
14 <i>Do an extra chore</i>	15 ALLOW SOMEONE TO HELP YOU	16 PRAISE SOMEONE'S WORK	17 SAY "SORRY" WHEN YOU NEED TO	18 <i>Help with the dishes</i>	19 <i>JOIN A FRIEND OR FAMILY MEMBER FOR SOMETHING THAT MAKES THE OTHER PERSON HAPPY</i>	20 <i>Do something that makes you happy</i>
21 LET SOMEONE GO AHEAD OF YOU IN LINE	22 <i>Help make dinner</i>	23 Make someone laugh	24 <i>Be kind to yourself</i>	25 SUPPORT A LOCAL BUSINESS	26 Recycle!	27 <i>Give yourself a compliment</i>
28 <i>Tell someone how much they mean to you</i>	29 <i>Surprise someone</i>	30 <i>Leave notes around your house for a loved one</i>	31 REST & RECOGNIZE ALL THE GOOD YOU HAVE DONE!			



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