

October

Random acts of Kindness: Use this calendar to show appreciation or kindness to others. With all of the negative things going on in today's society everyone could use a little love. Kindness can easily start a ripple effect. Showing gratitude to others will change your life. Feel free to share this calendar with others and tag me in your random acts of kindness on Instagram [@DearJasmineP](#)

2016

*We are human, it's ok if you miss a day or go out of order.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 WRITE a letter to a friend expressing gratitude (mail it)
2 Give someone a hug	3 Place \$1 somewhere & write a small motivational message	4 Leave a voicemail on a love ones phone	5 Do something to make your spouse or friend feel good	6 Compliment a stranger	7 Donate something	8 Write down your goals and post it somewhere you can see them
9 Encourage someone via social media	10 Let someone go in front of you (in the car or in line at the store)	11 Hold or get the door for someone	12 Say a prayer for someone besides yourself	13 Write something positive on a sticky note and give it to someone	14 Ask someone how their day was and truly listen	15 Text someone that you haven't text in a while to see how they are doing
16 Apologize to someone	17 Give someone a book or magazine	18 Share a positive story with someone	19 Show some love to your siblings let them know you care	20 Call someone that you haven't talk to in a while	21 Share 5 sticky notes with 5 co-workers (Just leave them on their door or office)	22 Free space (It's been 21 days of gratitude you deserve a break)
23	24	25	26	27	28	29

<p>Your idea of a random act of kindness</p>	<p>Online inspiration: post something that inspires tag @DearjasmineP</p>	<p>Offer to help a friend in need</p>	<p>Turn a negative conversation into a positive one</p>	<p>Buy something for someone</p>	<p>Let someone know how much you appreciate something they did for you</p>	<p>Leave a note somewhere (your server, cashier, or friend)</p>
<p>30 Tell someone how much you love them</p>	<p>31 Celebrate yourself!</p>	<p><i>Thank you for participating and sharing!</i></p>	<p><i>For the rest of the year challenge yourself by being kind to others.</i></p>			