

BE KIND.

- October 1 Pay someone an unexpected compliment.
- October 2 Write a thank you note to your mail carrier.
- October 3 Post sticky notes with uplifting messages on desks or mirrors.
- October 4 Call or send a text of encouragement to a friend you haven't seen in a while.
- October 5 Pick up a bag of candy bites and share them.
- October 6 Send a letter to a friend instead of an email.
- October 7 Do a favor without asking for anything in return.
- October 8 Pay for the person in front or behind you in line.
- October 9 Donate to a charity – money, clothes, food, supplies...
- October 10 Smile at a stranger.
- October 11 Post a positive message – online, via text, in a letter.
- October 12 Hold open the door for someone.
- October 13 Email someone who inspires you and say thank you.
- October 14 Leave payment in a vending or laundry machine for the next person.
- October 15 Share cookies with the local fire or police station.
- October 16 Leave an unusually large tip.
- October 17 Send a thank you note to a health care worker.
- October 18 Deliver a hot chocolate or coffee to someone.
- October 19 Spend intentional time listening to a family member or friend.
- October 20 Leave a treat on a neighbor's porch.
- October 21 Forgive someone.
- October 22 Invite someone, or a family, to join you for dinner, or coffee.
- October 23 Visit someone in assisted living with a flower or a coloring book.
- October 24 Ask someone to tell you what is bringing them joy right now.
- October 25 Send a thank you note to a teacher or school principal.
- October 26 Share an appropriate joke with a friend or colleague.
- October 27 Help clean up a mess you didn't make.
- October 28 Share a helpful effort with a neighbor (raking leaves, sweeping a walk, etc.)
- October 29 Leave a note of encouragement on someone's car.
- October 30 Pass along a compliment to a waiter's or service worker's boss.
- October 31 Donate to a local food pantry.