



# ACTION CALENDAR: ALTRUISTIC AUGUST 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**"Wherever there is a human being, there is an opportunity for kindness" ~ Seneca**

1 Decide to be kind to others (and yourself) all this month

2 Leave a positive note for someone else to find

3 Treat everyone you interact with as though they are a friend

4 Ask someone how they are and really listen to their reply

5 Water some flowers or plants in a public park or outdoor space

6 Contact a friend to let them know you're thinking of them

7 Offer your seat, give way or hold the door open for others

8 Spend time wishing for other people to be free from suffering

9 Be thankful for your food and the people who made it possible

10 Take time to forgive someone who hurt you in the past

11 Make a thoughtful gift as a surprise for someone

12 Give your unused clothes away to support a charity

13 Notice when someone is down and try to brighten their day

14 Show support for a cause that doesn't affect you directly

15 Today do something to make life easier for someone else

16 Tell a young person something you wish you'd heard at their age

17 Take a friend on a spontaneous adventure

18 No plans day! Be kind to yourself so you can be kinder to others

19 If someone annoys you, imagine how it feels to be them

20 When you buy one and get one free, give the extra item away

21 Try to bring a smile to as many people as possible today

22 Donate your change to support a good cause

23 Pay sincere compliments to people you meet today

24 Give your time and energy to help someone in difficulty

25 Cook your favourite food for someone who will appreciate it

26 Turn your phone off and give people your full attention

27 Look for the good side in everyone you meet today

28 Give away a book that you found inspiring or helpful

29 Sign up to become an organ donor or give blood

30 Start friendly conversations with people you don't know

31 Plan a street party, picnic or gathering for your community



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