

October



#GivingTuesdayMilitary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 Mail a letter to someone you haven't talked to in a while	2 Compliment 3 strangers today	3 Let someone else go first in line
4 Donate gently used winter clothes to homeless shelter	5 Leave an inspiring sticky note on 3 car windows today	6 Leave flowers on a neighbor's doorstep	7 Donate shelf stable food to local pantry	8 Pay it forward at your local coffee shop store today	9 Spend 15 minutes picking up litter in your neighborhood	10 Send 5 encouraging and uplifting cards to a nursing home
11 Donate old books to the library	12 Columbus Day Do something kind for a friend	13 Start a conversation with 3 strangers today	14 Tape an encouraging note on your mail box for your carrier	15 Build a small blessing bag for your car to hand out to someone in need	16 Grab some chalk and write an inspiring message on a sidewalk	17 Donate a bag of dog food to your local humane society
18 Say hello and wave to the first three people you see today	19 Bring baked goods to the teachers of a local school	20 Make an appointment to donate blood	21 Say something positive to everyone you meet today	22 Turn off social media. Call a relative or friend you haven't spoken to in a while	23 Help a neighbor with a chore	24 Volunteer an hour at a local nonprofit
25 Pledge to become an organ donor or join Be the Match	26 Tape change to a vending machine	27 Hold the door open for everyone you meet today	28 Send a care package to a soldier overseas	29 Leave encouraging notes for first responders	30 Ask someone to share their favorite moment of the day	31 Halloween Reflect on a month of kindness

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1 Put the names of 30 people in a bowl. Pick one a day and mail each a note every day this month	2 Give three people compliments today	3 Surprise your local grocery store with thank you cards for their hard work	4 Make an encouraging sign and put it in your window or yard	5 Go on 10 friend's social media accounts and say something nice about them	6 Bring a baked treat to your local post office to thank them	7 Donate new pajamas to foster kids
8 Go to a local playground or park and pick up litter	9 Visit your local animal shelter and love on the dogs and cats	10 Ask someone how they are doing and really listen	11 Veterans Day Purchase a wreath for a veteran's grave through wreaths across America	12 Leave a book or two at a free little library	13 Mail cards to a local children's hospital	14 Bring flowers to your local hospital ER for the nurses
15 Be kind to yourself. Write down 10 things you are grateful for	16 Write encouraging notes for your local homeless shelter	17 Offer to babysit for someone	18 Offer to help someone in need before they ask	19 Let someone go first in traffic or in a line	20 Give grace to everyone you encounter today	21 Start a neighborhood food drive for your local shelter
22 Rave about a local company online in a review	23 Leave uplifting words on sticky notes everywhere you go today	24 Set three alarms on your phone to go off randomly. Then stop... do something kind!	25 Drop off some goodies for your local fire house	26 Thanksgiving Day Spend today in gratefulness and be present!	27 Finding great black Friday deals? Use some to get things for those in need!	28 Support a local business day
29 Volunteer two hours of your day to your favorite local organization	30 Reflect on two months of kindness and remember to be kind to YOURSELF.	1 #GIVINGTUESDAY Now it's your turn! Ready. Set. GO!	2	3	4	5