**KINDNESS CALENDAR: DO GOOD DECEMBER 2018**

**SATURDAY**
1. Encourage more kindness. Share this calendar with others.
8. Do something helpful for a friend or family member.
15. Visit an elderly neighbour and brighten up their day.
22. Shop local and support independent producers.
29. Let someone know how much you appreciated their gift.

**SUNDAY**
2. Support a charity, cause or campaign you really care about.
9. Make gifts to give to people who are homeless or feeling lonely.
16. Look for something positive to say to everyone you meet today.
23. Invite over someone who would otherwise be alone.
30. Turn off digital devices and really listen to people.

**MONDAY**
3. Give kind comments to as many people as possible today.
10. Count your blessings: list the kind things others have done for you.
17. Thank people who do things for you but you may take for granted.
24. Offer spontaneous hugs to your loved ones and friends.
31. Plan what extra acts of kindness you will do in 2019...

**TUESDAY**
4. Listen wholeheartedly to others without judging them.
11. Give someone your place in a queue (in traffic or in a shop).
18. Offer to help someone who is facing difficulties at the moment.
25. Treat everyone with kindness today, including yourself!
26. Encourage others to join you outside and enjoy time in nature.

**WEDNESDAY**
5. Leave a positive message for someone else to find.
12. See how many different people you can smile at today.
19. Give away something that you have been holding on to.
27. Call a relative who is far away to say hello and have a chat.

**THURSDAY**
6. Notice when you’re hard on yourself or others and be kind instead.
13. Buy some extra items and donate them to a local food bank.
20. Congratulate someone for an achievement that may go unnoticed.
28. Be kind to the planet. Eat less meat and use less energy.

**FRIDAY**
7. Be generous. Feed someone with food, love or kindness today.
14. Share a happy memory or inspiring thought with a loved one.
17. Choose to give or receive the gift of forgiveness.

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"Together we can change the world, just one act of kindness at a time" ~ Ron Hall

ACTION FOR HAPPINESS

Your happiness is part of something bigger Join the movement for a happier and kinder world