

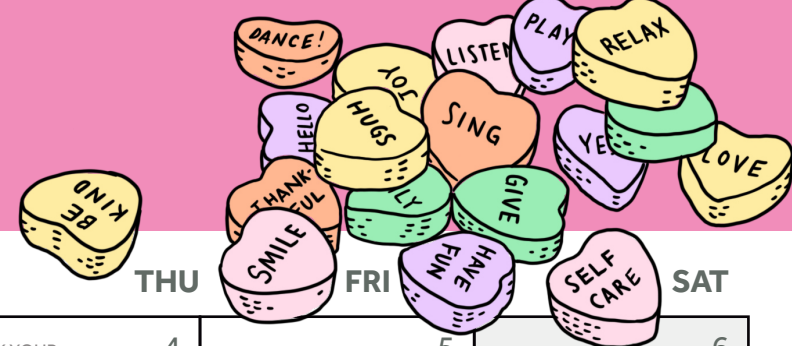





JANUARY 2021



SUN	MON	TUE	WED	THU	FRI	SAT
<p>DECEMBER</p> <p>S M T W Th F S</p> <p>29 30 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31 1 2</p> <p>3 4 5 6 7 8 9</p>	<p>FEBRUARY</p> <p>S M T W Th F S</p> <p>31 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p>	29	30	31	<p>NEW YEARS DAY 1</p> <p>Plan one big new adventure this year; go skydiving or travel somewhere new!</p>	2
<p>Create a care bag for an unhoused person with some gloves, scarf, treats, hygiene products and a gift card. 3</p>	<p>TRIVIA DAY 4</p> <p>Gather a group of friends online for a fun game of trivia.</p>	<p>NATIONAL BIRD DAY 5</p>  <p>Spend the afternoon in nature bird watching.</p>	6	7	8	9
<p>Spend time with your family or friends playing board games, sharing laughs and creating memories. 10</p>	<p>CLEAN YOUR DESK DAY 11</p> <p>Organize and clean your office today, kicking off the new year with a fresh start.</p>	12	<p>MAKE YOUR DREAMS COME TRUE DAY 13</p> <p>Make a list of goals to accomplish that will help make your dreams come true.</p>	<p>Donate interview appropriate clothes to disadvantaged individuals entering the workplace at dressforsuccess.org 14</p>	<p>NATIONAL BAGEL DAY 15</p> <p>Show appreciation! Bring a variety of bagels to work for your team to enjoy.</p>	16
<p>Surprise your local cashier with a flower bouquet and thank them for all their hard work. 17</p>	<p>MARTIN LUTHER KING DAY 18</p> <p>Reflect today on how you can make a positive difference in the world.</p>	<p>NATIONAL POPCORN DAY 19</p>  <p>Have a movie night at home with popcorn.</p>	20	21	22	23
24	<p>COMPLIMENT DAY 25</p> <p>Give at least three compliments out to strangers.</p>	26	27	28	29	30
<p>HOT CHOCOLATE DAY 31</p> <p>Enjoy your favorite cup of hot chocolate with those you love.</p>	1	2	3	4	5	6





FEBRUARY 2021



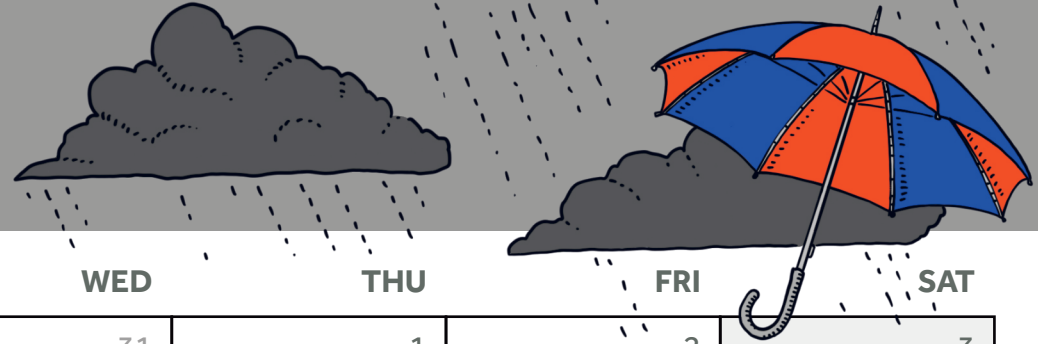
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<p>31</p>  <p>START OF BLACK HISTORY MONTH</p> <p>1</p> <p>GROUNDHOG DAY</p> <p>2</p> <p>3</p> <p>THANK YOUR MAILMAN DAY</p> <p>4</p> <p>5</p> <p>6</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>4</p> <p>5</p> <p>6</p>	<p>5</p> <p>6</p>	<p>6</p>																																																																																																		
<p>7</p> <p>FREE DAY! Think about how you can be a person of integrity.</p>	<p>8</p> <p>Join the "You Matter Marathon" and leave cards in public places for strangers to find. youmattermarathon.com</p>	<p>9</p> <p>Take the child in your life out for an ice cream treat today.</p>	<p>10</p> <p>UMBRELLA DAY</p> <p>Give out a few umbrellas to some strangers on the street.</p>	<p>11</p> <p>Plan to send an anonymous bouquet of flowers and/or candy to your local nursing home on Valentine's Day.</p>	<p>12</p> <p>CHINESE NEW YEAR</p> <p>Hide a love note for your partner in their bag or wallet for them to find during their workday.</p>	<p>13</p> <p>WORLD RADIO DAY</p> <p>Turn the radio up and sing at the top of your lungs in your car or shower.</p>																																																																																																		
<p>14</p> <p>VALENTINE'S DAY</p> <p>Play Cupid: introduce two single people who you think would be a great match.</p>	<p>15</p> <p>PRESIDENT'S DAY</p> <p>Download a meditation app and try it out tonight before bed.</p>	<p>16</p> <p>Visit your parents or invite them over for dinner.</p>	<p>17</p> <p>RANDOM ACTS OF KINDNESS DAY</p> <p>Do an act of kindness for someone and encourage them to pay it forward.</p>	<p>18</p> <p>Write and send a thank you note to someone in your life that help you through a tough time.</p>	<p>19</p>  <p>Take a hot bath and relax.</p>	<p>20</p> <p>Invite a friend, neighbor or coworker home for dinner.</p>																																																																																																		
<p>RANDOM ACTS OF KINDNESS WEEK! VISIT WWW.RANDOMACTSOFKINDNESS.ORG AND GET INVOLVED!</p>																																																																																																								
<p>21</p> <p>Help someone who is carrying a heavy load.</p>	<p>22</p> <p>Get involved! Sign up for a community related cause.</p>	<p>23</p>  <p>Leave a note on the public restroom mirror that says "You look amazing!"</p>	<p>24</p> <p>Leave an inspiring poem, or painting somewhere in the community for someone to discover.</p>	<p>25</p> <p>Purchase groceries for the person in front of you in the express line.</p>	<p>26</p> <p>Take a friend or family member on a spontaneous adventure.</p>	<p>27</p> <p>Take today to kick back, relax, and reflect on what's really important in life.</p>																																																																																																		
<p>28</p> <p>Empty and read the gratitude jar you've created throughout the month.</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>JANUARY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table>	S	M	T	W	Th	F	S	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	<p>MARCH</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>	S	M	T	W	Th	F	S	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10
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MARCH 2021



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28 START OF WOMEN'S HISTORY MONTH Think of ways you can be more inclusive at work and in your community.	1 Support a local business.	2 Prepare a home cooked meal for your family. Make an extra dish to deliver to person in need.	3 Write an encouraging letter to a deployed or wounded member of the military through Operation Gratitude.	4 MARCH FORTH AND DO SOMETHING DAY Invite a friend to dinner at their favorite restaurant and treat them.	5 EMPLOYEE APPRECIATION DAY FREE DAY! How can you go outside your comfort zone today?	6																																																																																																																
7 Make an effort to be more authentic.	8 INTERNATIONAL WOMAN'S DAY Thank a woman who has made your life better.	9 Show your appreciation by doing a household chore that your partner normally does.	10 Bring gently used clothing and footwear to your local donation station.	11 Start an outdoor hobby such as biking or hiking.	12 ALFRED HITCHCOCK DAY Spend the evening binge watching Alfred Hitchcock classics.	13 Visit your favorite quiet place and be present.																																																																																																																
14 Apologize to someone with whom you've had a past conflict.	15 Organize a volunteer activity with friends or family.	16 Offer to grocery shop or run an errand for someone going through a difficult time.	17 ST. PATRICK'S DAY  Bake some St. Paddy's Day cupcakes.	18 Donate to an animal related cause.	19 Get out and explore! Be a tourist in your own city for a day.	20 1ST DAY OF SPRING Plan a weekend getaway in nature and unplug from all electronic devices.																																																																																																																
COMMON COURTESY DAY 21 Give up your seat on the train or bus to another.	 22 Take fresh baked goods to a police, fire station or hospital with a note of thanks for their service.	23 Expand your mind. Sign up for a free class or workshop to learn something new.	24 Mentor someone this month and share your expertise.	25  Purchase a dozen stem roses and randomly hand them to passersby to brighten their day.	26 MAKE UP YOUR OWN HOLIDAY DAY Create a new fun tradition with family and friends.	27  Create a music playlist that inspires you and put it on your phone to listen to regularly.																																																																																																																
PALM SUNDAY / PASSOVER 28 Buy some lottery tickets, hand them out to passersby with a smile.	29 Make time to meet a new friend to widen your social circle.	TAKE A WALK IN THE PARK DAY 30 Spend time in nature by going on a hike or walk through a botanical park or public garden.	31 Make an appointment with your financial advisor to discuss your portfolio.	1	<table border="0"> <tr> <td colspan="7">FEBRUARY</td> <td colspan="7">APRIL</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> </table>		FEBRUARY							APRIL							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	31	1	2	3	4	5	6	28	29	30	31	1	2	3	7	8	9	10	11	12	13	4	5	6	7	8	9	10	14	15	16	17	18	19	20	11	12	13	14	15	16	17	21	22	23	24	25	26	27	18	19	20	21	22	23	24	28	1	2	3	4	5	6	25	26	27	28	29	30	1	7	8	9	10	11	12	13	2	3	4	5	6	7	8
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APRIL 2021



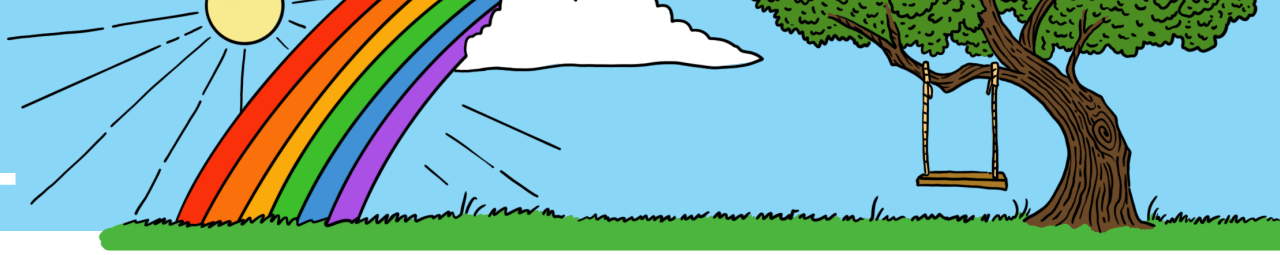
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MARCH S M T W Th F S 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10														MAY S M T W Th F S 25 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5														30							31							APRIL FOOL'S DAY 1 Pull a fun (kind) April Fool's Day prank on someone by leaving a whole watermelon or other fruit on someone's desk or porch and never tell them you did it.							GOOD FRIDAY 2 Plant a tree in memory of someone.							3  Knit something for someone to cherish.						
EASTER 4 Set positive intentions for the week.							5 Leave an inspiring book with a note to pass it on.							6 Reduce your carbon footprint! Walk or bike.							7  Gift a loved one a scrap book of shared memories.							ZOO LOVER'S DAY 8 Spend the afternoon going to the zoo with the children in your life.							9 FREE DAY! Find a way to show someone you care.							SIBLINGS DAY 10 Call or text your siblings and let them know how much you love and appreciate them.																				
NATIONAL PET DAY 11  Buy your pet a new toy or treat.							12 Become a "Big Brother" or "Big Sister".							RAMADAN BEGINS 13 Write a letter to your younger self and forgive past regrets.							INTERNATIONAL MOMENT OF LAUGHTER DAY 14 Call a friend and make them laugh out loud.							15 Listen to an upbeat playlist while getting ready or during your commute.							16 Invite a neighbor over for dinner.							17 Learn something new..Take a dance or exercise class.																				
18 Get up early to appreciate the sunrise.							19 Send a friend a book or playlist you think they would enjoy.							NATIONAL TEA DAY 20 Enjoy a pot of tea with a friend over a long chat.							21 Refrain from complaining today.							EARTH DAY 22 Participate in the cleanup of a local river, pond, or lake.							LOVERS DAY 23 Arrange a romantic date night with your partner.							24 Treat yourself to a bubble bath surrounded by candles and relaxing music.																				
25 Sell old items online and donate the profits to a good cause.							26 Become an organ donor.							27 Encourage someone to pursue their dreams and offer help to achieve their goals.							28 Thank a veteran by donating to a worthy veterans cause or lend a hand in a VA hospital.							29  Babysit, dog sit, or cat sit for free.							HONESTY DAY 30 Be honest with yourself and others today.							1																				





MAY 2021



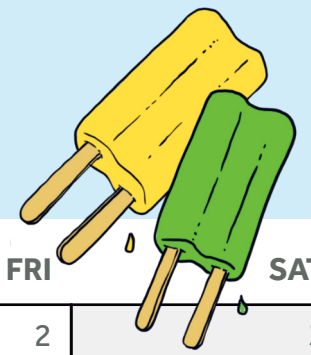
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2 FREE DAY! Do something meaningful today.		3 Follow @RAKFoundation on Instagram to kind-ify your social media feed.		4 STAR WARS DAY Treat the child in your life (or your inner child) to a Star Wars movie. 		5 CINCO DE MAYO Celebrate Mexican culture and heritage today.		6 Spend time today journaling about what you would like your life to look like two years from now.		7 Spend an evening with a friend or partner at a comedy club.		8 Buy flowers or a new plant for your home space.	
9 MOTHER'S DAY Show your love! Send your maternal figure a bouquet of flowers or other thoughtful gift.		10 CLEAN UP YOUR ROOM DAY Clean and transform your bedroom into a relaxing haven.		11 EAT WHAT YOU WANT DAY Eat what you want ALL. DAY. LONG.		12 INTERNATIONAL NURSES DAY Have flowers or treats delivered to the nurses' station at your nearest hospital.		13 Volunteer at a local animal shelter.		14 DANCE LIKE A CHICKEN DAY Blast some music and dance like a chicken.		15 Take the children in your life out for a fun afternoon in a park.	
16 Bring your partner breakfast in bed.		17 Leave a basket of food for a family who is struggling financially.		18 Donate your loose change to a local charity or leave in a change donation box.		19  Surprise someone with a thoughtful, inexpensive gift.		20 WAITSTAFF DAY Tip your waitstaff generously with a note thanking them for the great service.		21 PIZZA PARTY DAY  Organize a pizza party for dinner.		22 BUY A MUSICAL INSTRUMENT DAY Commit to learning a new musical instrument this year.	
23 Silence any negative thoughts, self doubt or judgments today.		24 Publicly praise someone for their valued work.		25 AFRICAN LIBERATION DAY Learn more about African culture today.		26 Leave small containers of birdseed near a park or lake for other people to feed the birds.		27 SUN SCREEN DAY Purchase sun screen to keep with you at all times to protect yourself and others. 		28 Hide money in random places for strangers to find.		29 Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game.	
30 Send a family photo to your parents or grandparents.		31 MEMORIAL DAY Leave extra quarters near the laundry machine with a note that says 'pass it on'.		1		2		3		4		5	



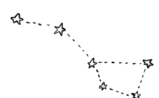

JUNE 2021



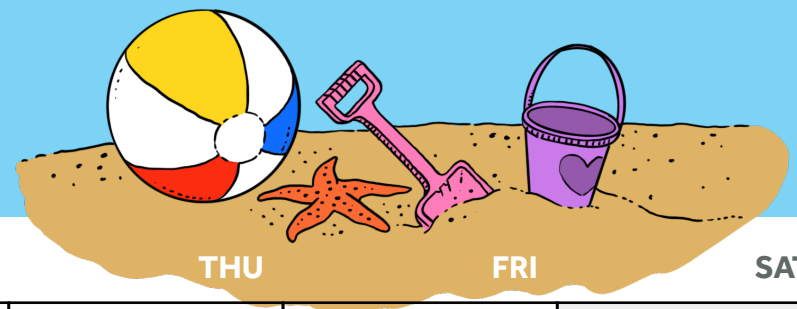
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30	31	SAY SOMETHING NICE DAY 1 Say something nice to yourself today.	LEAVE THE OFFICE EARLY DAY 2 Take the afternoon off to take a long stroll or a nap.	3 Put together a self-care basket for a stressed out friend or relative.	NATIONAL CHEESE DAY 4 Indulge your tastebuds. Head to the store and purchase your favorite cheese.	5 FREE DAY! How can you build a new relationship?																																																																																																																
DRIVE-IN MOVIE DAY 6 Plan a fun drive-in movie day.	7 Everyone is important. Learn the names of your receptionist, security guard and custodians.	BEST FRIEND'S DAY 8 Send your best friend a small, thoughtful gift you know they would enjoy.	 9 Gather some coworkers to help pick up trash in your local park during lunch.	10 Leave a jar of coins for others to use at a wishing fountain.	11 Join a volunteer group.	12 Place a bird feeder or bird bath in your backyard.																																																																																																																
 13 Offer a glass of iced tea to a neighbor working in their yard.	BLOOD DONOR DAY 14 Become a blood donor.	NATURE PHOTOGRAPHY DAY 15 Go to a park and spend a relaxing afternoon taking nature photos.	 16 Write a letter to yourself at futureme.org to read at a later date.	17 Acknowledge someone with a smile or warm greeting.	INTERNATIONAL PICNIC DAY 18 Organize a picnic day at the park with friends, family, your partner, or yourself.	JUNETEENTH 19 Plant wildflowers or native plants in your yard.																																																																																																																
FATHER'S DAY 20 Treat your father figure to dinner.	21 Prepare and extra lunch to give to someone in need.	RAINFOREST DAY 22 Donate to an environmental cause.	23 Support your local music scene by purchasing local music.	24 Send a friend or family member a framed picture of a special moment between you both.	25 Have a yard sale and clean out your space.	26 Reconnect with a friend or relative.																																																																																																																
27 Ask your neighbors if they need you to pick up groceries while you shop.	 28 Put a small plant on your and a coworker's desk.	29 Cook a meal or do a load of laundry for a friend who's just had a baby.	30 Find one way to be more involved in your community.	1	<table border="1"> <thead> <tr> <th colspan="7">MAY</th> <th colspan="7">JULY</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> <tr> <td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> </tbody> </table>		MAY							JULY							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	25	26	27	28	29	30	1	27	28	29	30	1	2	3	2	3	4	5	6	7	8	4	5	6	7	8	9	10	9	10	11	12	13	14	15	11	12	13	14	15	16	17	16	17	18	19	20	21	22	18	19	20	21	22	23	24	23	24	25	26	27	28	29	25	26	27	28	29	30	31	30	31	1	2	3	4	5	1	2	3	4	5	6	7
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JULY 2021



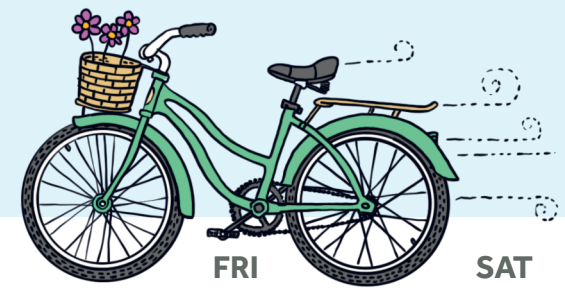
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<p>FOURTH OF JULY 4</p>  <p>Host a 4th of July BBQ.</p>		5		<p>WORLD KISSING DAY 6</p> <p>Give your partner more affection and attention today.</p>		7		8		<p>SUGAR COOKIE DAY 9</p> <p>Bake some sugar cookies with the little ones in your life.</p>		10	
11		<p>SIMPLICITY DAY 12</p> <p>Practice a moment of self reflection today.</p>		13		14		15		16		17	
<p>Put aside your own viewpoint and try to view things from the other person's perspective.</p>				<p>EMBRACE YOUR GEEKINESS DAY</p> <p>Treat a good friend to a sci-fi movie.</p>		<p>Pack lunches and hand them out to the homeless in your neighborhood.</p>		 <p>Send a handwritten letter to someone who's made a difference in your life.</p>		<p>Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life.</p>		<p>Leave bottles of bubbles inside a children's park for them to find with a note that says "FREE BUBBLES!"</p>	
<p>ICE CREAM DAY 18</p> <p>Treat yourself to an ice cream cone.</p>		19		<p>SPACE EXPLORATION DAY 20</p>  <p>Go stargazing in the evening.</p>		21		22		<p>HAMMOCK DAY 23</p> <p>Watch the sunset in a hammock with someone special.</p>		24	
						<p>Smile at everyone you meet today.</p>		<p>Give yourself a pedicure or a manicure.</p>					
<p>PARENT'S DAY 25</p> <p>Call or visit your parents today.</p>		<p>UNCLE AND AUNT DAY 26</p> <p>Send a thoughtful letter or card to an aunt or uncle.</p>		<p>27</p> <p>Offer a cold bottle of water to someone working outside in the heat.</p>		<p>28</p>  <p>Invite someone you don't know very well to coffee.</p>		<p>29</p> <p>Leave a basket of snacks and bottled water by your front door at home and at work for delivery workers.</p>		<p>30</p> <p>Spend an afternoon in the park reading.</p>		<p>UNCOMMON MUSICAL INSTRUMENT DAY 31</p> <p>Get inspired! Create music with uncommon items.</p>	





AUGUST 2021



SUN	MON	TUE	WED	THU	FRI	SAT
<p>GIRLFRIEND DAY 1</p> <p>Plan a brunch with all of your best girlfriends.</p>	<p>2</p> <p>Send an unexpected, handwritten postcard or letter to a loved one.</p>	<p>3</p> <p>Expand your mind. Sign up for a free class or workshop to learn something new.</p>	<p>4</p> <p>Donate to a good cause.</p>	<p>5</p>  <p>Replace your light bulbs with energy efficient ones.</p>	<p>6</p> <p>Make a bucket list and start by completing one thing on it by the end of this month.</p>	<p>7</p> <p>Leave a flower on someone's desk, windshield, or in their mailbox.</p>
<p>HAPPINESS HAPPENS DAY 8</p> <p>Do something that makes YOU happy.</p>	<p>BOOK LOVERS DAY 9</p>  <p>Send your friend a book you think they might enjoy.</p>	<p>MUHARRAM BEGINS 10</p> <p>Make a donation to a global charity of your choice.</p>	<p>SON AND DAUGHTER DAY 11</p> <p>Plan a fun, special day out with your child.</p>	<p>12</p> <p>Put a \$10 or \$20 bill in a book with a note that says, "Great choice! This book is on me!"</p>	<p>FRIDAY THE 13th 13</p> <p>Take old blankets and towels to a local animal shelter.</p>	<p>14</p>  <p>Cook a healthy meal today.</p>
<p>15</p> <p>FREE DAY! What is one way you can show courage today?</p>	<p>ROLLER COASTER DAY 16</p> <p>Do something childlike today.</p>	<p>17</p> <p>Make the switch to cruelty-free products.</p>	<p>18</p> <p>Volunteer to help clean up around your neighborhood.</p>	<p>WORLD PHOTO DAY 19</p> <p>Send a good friend or family member a framed favorite photo of you both.</p>	<p>20</p> <p>Plan a fun night out with a friend.</p>	<p>21</p> <p>Make a conscious effort to avoid judging others today.</p>
<p>22</p> <p>Tape coins or hide small toys around a playground for kids to find.</p>	<p>23</p> <p>Join a group that shares your own interests.</p>	<p>24</p> <p>Bring someone who is sick some chicken soup and a get well card.</p>	<p>25</p> <p>Hydrate! Drink more water every day.</p>	<p>WOMEN'S EQUALITY DAY 26</p> <p>Donate to a charity with a mission to help create equality.</p>	<p>27</p>  <p>Plan a family camping trip.</p>	<p>28</p> <p>Pay it forward.</p>
<p>29</p> <p>Refrain from jumping to conclusions today.</p>	<p>NATIONAL BEACH DAY 30</p> <p>Take a long walk outside today.</p>	<p>EAT OUTSIDE DAY 31</p> <p>Spend your lunch hour in the park on a sunny day.</p>	<p>1</p>	<p>2</p>	<p>JULY SEPTEMBER</p> <p>S M T W Th F S S M T W Th F S</p> <p>27 28 29 30 1 2 3 29 30 31 1 2 3 4</p> <p>4 5 6 7 8 9 10 5 6 7 8 9 10 11</p> <p>11 12 13 14 15 16 17 12 13 14 15 16 17 18</p> <p>18 19 20 21 22 23 24 19 20 21 22 23 24 25</p> <p>25 26 27 28 29 30 31 26 27 28 29 30 1 2</p> <p>1 2 3 4 5 6 7 3 4 5 6 7 8 9</p>	




SEPTEMBER 2021



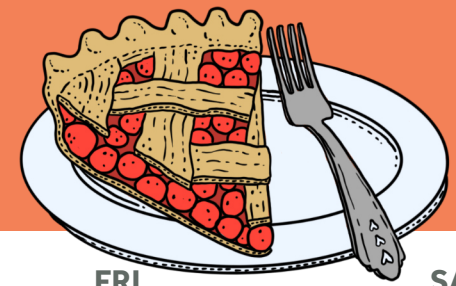
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29	30	31	LETTER WRITING DAY 1 Write a hand-written letter to someone you haven't talked to in some time.	2 Support local businesses as often as you can.	BOWLING LEAGUE DAY 3  Invite a small group of friends out for a fun night of bowling.	4 Spend the day riding a bicycle.																																																																																																																
 5 Use reusable grocery bags.	LABOR DAY 6 Create a kindness idea basket for coworkers to add to and grab ideas from.	READ A BOOK DAY 7 Find time to read an inspiring book.	ROSH HASHANAH 8 Keep a special journal for quotations that inspire you.	9 Write a reflection in your journal about your best memories.	10 Attend an event in your local community.	11 Try a new hobby.																																																																																																																
12 Offer to drive a senior citizen to an appointment or for an errand.	POSITIVE THINKING DAY 13 Spend the day trying to create positive energy with everything you say and do.	14 Start a meeting with celebrations and gratitude.	YOM KIPPUR 15 Shop at a farmer's market.	COLLECT ROCKS DAY 16 Place some painted, colorful rocks with positive or inspiring messages throughout your community.	17 Give your partner something thoughtful.	18 NATIONAL CLEAN UP DAY Get some neighbors together to spend an afternoon picking up litter in your neighborhood.																																																																																																																
19 FREE DAY! How can you show respect today?	 20 Put individually wrapped treats in your work kitchen for coworkers to enjoy.	21 Resolve to be less judgmental in your day to day life.	FIRST DAY OF FALL 22 Start a gratitude journal.	23 Send someone you care about a surprise care package.	24 NATIVE AMERICAN DAY Donate to a native or indigenous organization today.	25 COMIC BOOK DAY Buy a child their favorite comic book.																																																																																																																
LOVE NOTE DAY 26 Write a love note to yourself about everything that makes you wonderfully you.	27 Change three small things about your routine that will help the environment.	GOOD NEIGHBOR DAY 28 Deliver homemade cookies to a friend or neighbor.	29  Slip a \$10 bill into a box of diapers at the store.	30 Send cheerful cards to lonely seniors.	<table border="0"> <tr> <td colspan="7">AUGUST</td> <td colspan="7">OCTOBER</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td> </tr> <tr> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> </table>		AUGUST							OCTOBER							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	1	2	3	4	5	6	7	26	27	28	29	30	1	2	8	9	10	11	12	13	14	3	4	5	6	7	8	9	15	16	17	18	19	20	21	10	11	12	13	14	15	16	22	23	24	25	26	27	28	17	18	19	20	21	22	23	29	30	31	1	2	3	4	24	25	26	27	28	29	30	5	6	7	8	9	10	11	31	1	2	3	4	5	6
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OCTOBER 2021



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<p>LOOK AT THE LEAVES DAY 3</p> <p>Take a scenic drive to enjoy the foliage.</p>	<p>4</p> <p>Walk, ride a bike, carpool, or take public transportation to reduce your carbon footprint.</p>	<p>5</p> <p>Register to vote and encourage others to do so.</p>	 <p>6</p> <p>Buy bright yellow flowers to brighten up your space.</p>	7	<p>8</p> <p>Write a list of five goals you would like to accomplish in your life.</p>	<p>9</p> <p>FREE DAY! Do something creative today.</p>
<p>10</p> <p>Plan to do one thing outside of your comfort zone each day this week.</p>	<p>INDIGENOUS PEOPLES' DAY 11</p> <p>Pay for the coffee of the person behind you in line.</p>	12	<p>13</p> <p>Donate books, puzzles and games to elementary schools or daycare centers.</p>	14	<p>NATIONAL DESSERT DAY 15</p> <p>Treat yourself to your favorite dessert.</p>	16
<p>17</p> <p>Call and say 'hello' to the first person who comes to mind.</p>	<p>18</p> <p>Write a list of tasks you have been procrastinating and work on completing some of them today.</p>	 <p>19</p> <p>Mow your neighbor's lawn after mowing your own.</p>	20	22		
<p>24</p> <p>Anonymously pay for someone else's bill at a café or restaurant.</p>	<p>25</p> <p>Learn to say hello or thank you in a coworker's or friend's native language.</p>	<p>NATIONAL PUMPKIN DAY 26</p> <p>Leave pumpkins on a family's doorstep along with kid friendly tools for carving.</p>	27	29		
<p>HALLOWEEN 31</p> <p>Paint positive messages on pumpkins and leave around the community.</p>	1	2	3	4	5	6





NOVEMBER 2021



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31	1 Wake up early to exercise before going to work.	ELECTION DAY 2  VOTE! Your voice matters!	3 Offer to help someone who has just endured a major life event or loss.	4 Give away one of your possessions for free.	5 FREE DAY! How can I show appreciation today?	6 Text a friend to make sure they got home safely after a night out.																																																																																																																
BOOK LOVER'S DAY 7 Start a book about a topic that is new to you.	8 Offer a coworker a ride home.	9 Do something that you find challenging today.	10 Send a family member a box filled with cut-out paper hearts that have positive qualities about them written on them.	VETERAN'S DAY 11 Attend a veteran's funeral who does not have family.	12 Do something crafty.	13 WORLD KINDNESS DAY  Visit lifevestinside.com and get involved!																																																																																																																
14 Host a dinner and ask everyone to write a note of appreciation about each guest to read aloud before dinner.	15  Put positive notes in public places.	16 Allow someone to merge ahead into traffic.	TAKE A HIKE DAY 17 Plan a weekend to hike and decompress.	18 Conserve water by turning off when not in use, fixing leaks, and installing water-saving devices.	19  Talk to the person sitting alone at a party.	20 Stop what you're doing for a few minutes to just breathe and appreciate life.																																																																																																																
21 Support a local restaurant by dining in or ordering takeout.	22 Stay a little later to assist a coworker with their workload.	23 Praise someone in front of others.	24 Become an agent of positivity.	THANKSGIVING 25 Have each guest at the dinner table say one thing for which they are grateful.	AMERICAN INDIAN HERITAGE DAY 26 Get a few \$5 gift cards to hand out to unsuspecting passersby.	27 Go shopping in your local community and support local businesses.																																																																																																																
28 Cook a delicious meal and savor every bite.	HANUKKAH BEGINS 29 Pick a street and write "Have a great day!" on every driveway in colorful chalk.	30 Fill a bag with snacks, water, small mirror, combs, hygiene products, a nice fragrance and give to an unhoused woman you notice.	1	2	<table border="0"> <tr> <td colspan="7">OCTOBER</td> <td colspan="7">DECEMBER</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td> </tr> <tr> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> </table>		OCTOBER							DECEMBER							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	26	27	28	29	30	1	2	28	29	30	1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30	31	1	31	1	2	3	4	5	6	2	3	4	5	6	7	8
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DECEMBER 2021



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NOVEMBER S M T W Th F S 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11														JANUARY S M T W Th F S 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5														30	ROSA PARKS' DAY	1		2		3		4												
5  Send coloring books, toys, and balloons to a children's hospital.							6 Organize a "Charity Day" at work.							7 Leave dollar bills on the shelves at the dollar store with a note that says "treat yourself!"							8 CHRISTMAS TREE DAY Create a kindness tree. Ask family and friends to decorate it with notes of a kind act they did.							9 CHRISTMAS CARD DAY Send cheerful holiday cards with inspiring quotes to hospitalized children using the Cardz for Kidz service.							10  Plan to become CPR certified next year.							11 Join "Soldiers' Angels" and send a holiday care package to a deployed service member.						
12 Name a star after someone at nameastar.com.							13 Make a list of five things for which you are grateful.							14 Wear an outfit to work that makes you feel great.							15 Try a session of acupuncture or get a massage.							16 Contribute toys to your local Toys for Tots campaign.							17 Get some friends together and gather treats for delivery workers with a note of appreciation for all their hard work.							18 Bring workers or the unhoused who are out in the cold hand warmers.						
19 Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.							20 Help the environment. Turn off lights, heaters and fans when not in use. 							21 FIRST DAY OF WINTER Plan a road trip to someplace new.							22 Create handmade holiday gifts for friends, family and coworkers.							23 Leave some treats and a thank you card for your office cleaning crew.							24 CHRISTMAS EVE Do something you love: go for a walk, draw, read, yoga, whatever it is, do it for you.							25 CHRISTMAS DAY Gift a loved one an experience rather than a material gift.						
KWANZAA 26  Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season.							27 Buy a decadent treat for yourself at the grocery store or your favorite bakery.							28 CALL A FRIEND DAY Keep in touch with your friends. Call them or suggest meeting for coffee.							29 Offer to watch your friend's kids for an afternoon so they can have some time to recharge.							30 Listen to a guided meditation.							31 NEW YEAR'S EVE Set intentions for 2022. What goals do you hope to accomplish?							1						