

# NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Tell someone you love them.	2 Ask a friend to tell you their most treasured memory.	3 Make a friendship bracelet for a friend.	4 Offer to do a chore without being asked.	5 Tell someone how they've impacted your life.
6 Take time to listen to someone.	7 Give a friend a movie or book recommendation.	8 Make a conscious effort to stay out of gossip today.	9 Do a favor without asking for anything in return.	10 Say no to peer pressure or encourage someone else to.	11 Write a letter of appreciation to one of your family members.	12 Brighten someone's day with a joke.
13 Prepare a snack for a friend.	14 Leave an inspiring note in a book for someone to find.	15 Connect with a new group of people.	16 Thank a friend for always being there.	17 Create a "celebration list" & write down everything you've accomplished.	18 Tell someone you don't know that you love their outfit.	19 Give a shout-out to someone who has inspired you.
20 Give someone the benefit of the doubt by standing up for them.	21 Make "kindness cards" with inspirational quotes to hand out to friends.	22 Spend 24 hours only speaking & thinking positively.	23 Write a letter of appreciation to one of your favorite teachers.	24 Say "thank you" as much as possible throughout the day.	25 Write 3 things you're thankful for and invite a friend to do the same.	26 Make a lanyard for a friend.
27 Pick up trash and recyclables.	28 Be the reason someone smiles today.	29 Ask someone you see today, "How can I help you today?"	30 Practice empathy & put yourself in someone else's shoes.	1	2	3