

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 Share a funny meme or video with friends.	2 Put change in a vending machine for someone to stumble upon.	3 Offer to wash someone's car for free.	4 Donate clothes you don't wear anymore.	5 Ask someone, "What can I help you with?"	6 Write 5 things you like about someone and gift them that list.
7 Gift a gift for no reason.	8 Invite someone new to eat dinner with you.	9 Send a postcard to a friend or family member.	10 Give or send someone a handmade card.	11 Give 10 high-fives today.	12 Write a note of appreciation to someone.	13 Give food or water to someone in need.
14 Recommend a book you think someone might like.	15 Do something kind for someone you don't know.	16 Make an effort to appreciate the sunset from a good viewpoint.	17 Let a friend who is going through an emotional time vent.	18 Pick someone and do kind things for them throughout the day.	19 Write a poem to brighten someone's day.	20 Spend 48 hours only speaking & thinking positively.
21 Plant something new in your backyard.	22 Keep an extra pen or pencil on hand to give to someone who needs it.	23 Connect with a new group of people.	24 Make a treat for a friend.	25 Reduce, reuse & recycle.	26 Shop local.	27 Drop quarters on the ground for people to find.
28 Tell your parents you love them.	29 Find one new way to get involved with your community.	30 Tell someone they're "glowing" or that they look happy & healthy.	31 Take someone new in your neighborhood on a tour of the city.	1	2	3