

# SEPTEMBER 2024

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|--|---|--|---|---|
| 1 Leave a quarter in a gumball machine.                                   | 2 Keep a pen on hand & give it to the first person that asks to borrow it. | 3 Donate to a friend's favorite charity in their name.           | 4 Donate books to a "free little library" near you.             | 5 Tip your server 30%.   | 6 Donate school supplies to a local school.             | 7 Decorate your bathroom mirror with positive sticky notes. |
| 8 Give a \$5 food gift card to a stranger.                                | 9 Clean up a mess that wasn't yours.                                       | 10 Practice mindfulness.   | 11 Call 3 friends to let them know you're thinking about them.  | 12 Become a pen pal with a kid in a different part of the world. | 13 Tell your parents how much you appreciate them.      | 14 Declutter your home by recycling old electronics.        |
| 15 Do chores for a family member that could use some extra free time.     | 16 Donate homemade cat toys to a shelter.                                  | 17 Stand up for something you believe in.                        | 18 Frame an old picture & send it to a friend or family member. | 19 Leave pennies heads-up on the sidewalk.                       | 20 Sign up to run/walk a 5k for a cause.                | 21 Buy flowers to hand out to strangers.                    |
| 22 Practice mindfulness.  | 23 Relay an overheard compliment to the person it was about.               | 24 Sign an online petition pertaining to a cause you care about. | 25 Cook a meal for a senior citizen.                            | 26 Give thanks for everyday things, not just gifts.              | 27 Volunteer to walk dogs or help out at a dog shelter. | 28 Say "please" and "thank you."                            |
| 29 Decorate tissue boxes & hand sanitizer to donate to a nurse's station. | 30 Introduce yourself to your neighbors.                                   | 1  | 2   | 3  | 4   | 5   |