

# SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Donate school supplies to a local school.	2 Decorate your bathroom mirror with positive sticky notes.
3 Give a \$5 food gift card to a stranger.	4 Clean up a mess that wasn't yours.	5 Practice mindfulness.	6 Call 3 friends to let them know you're thinking about them.	7 Become a pen pal with a kid in a different part of the world.	8 Tell your parents how much you appreciate them.	9 Declutter your home by recycling old electronics.
10 Do chores for a family member that could use some extra free time.	11 Donate homemade cat toys to a shelter.	12 Stand up for something you believe in.	13 Frame an old picture & send it to a friend or family member.	14 Leave pennies heads-up on the sidewalk.	15 Sign up to run/walk a 5k for a cause.	16 Buy flowers to hand out to strangers.
17 Practice mindfulness.	18 Relay an overheard compliment to the person it was about.	19 Sign an online petition pertaining to a cause you care about.	20 Cook a meal for a senior citizen.	21 Give thanks for everyday things, not just gifts.	22 Volunteer to walk dogs or help out at a dog shelter.	23 Say "please" and "thank you."
24 Decorate tissue boxes & hand sanitizer to donate to a nurse's station.	25 Introduce yourself to your neighbors.	26 Leave a quarter in a gumball machine.	27 Keep a pen on hand & give it to the first person that asks to borrow it.	28 Donate to a friend's favorite charity in their name.	29 Donate books to a "free little library" near you.	30 Tip your server 30%.