

# MARCH 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**1**  
Place positive body image quotes in jean pockets at a store

**2**  
Compliment a parent on their child's behavior

**3**  
Leave unused coupons next to corresponding products in the store

**4**  
Start planning a surprise birthday party for someone

**5**  
Set a daily reminder to be kind on your phone



**6**  
Do one kind thing for yourself every day for the rest of the week - write it down!

**7**  
Spend the next 24 hours looking for as many kind moments as possible

**8**  
Write a letter to a woman in your life that made a difference  
**International Women's Day**

**9**  
Smile at 10 strangers



**10**  
Use cruelty-free products

**11**  
Send anonymous flowers to a well-deserving mother



**12**  
Write a recommendation on LinkedIn for someone



**13**  
Surprise a coworker or friend with coffee or tea



**14**  
Bake something with a friend or family member to give away  
**Pi Day**

**15**  
Run an errand for someone

**16**  
Offer to babysit for a friend, neighbor or family member for free



**17**  
Treat a friend to a drink or food  
**St. Patrick's Day**

**18**  
Write a list of all the things you love about someone and give it to them



**19**  
Pay a toll for someone behind you

**20**  
Do something that will make someone happy  
**International Day of Happiness**

**21**  
Share a kindness quote on social media



**22**  
Donate clothing to a thrift shop

**23**  
Hold doors open for others all day long



**24**  
Tell someone they dropped a dollar (even though they didn't)

**25**  
Paint inspiring words on rocks and hide them in your community

**26**  
Send a positive text message to five different people right now

**27**  
Make sure everyone in a group conversation feels included

**28**  
When you hear that discouraging voice in your head, tell yourself something positive

**29**  
Take a long walk outside



**30**  
Encounter an employee that is especially kind? Take a minute to tell their manager

**31**  
Leave a gift card or tape cash to a gas pump

KIND ACTS COMPLETED: \_\_\_ / 31