

SEPTEMBER 2022

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