

# OCTOBER 2024

make kindness the norm.

SUNDAY

MONDAY



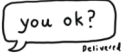


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		 <p>1</p> <p>Buy someone a gift certificate to their favorite coffee shop.</p>	<p>2</p> <p>Refrain from jumping to conclusions today.</p>	 <p>3</p> <p>Remember team member's birthdays and important events and celebrate them!</p>	<p>4</p> <p>Do something that you find challenging today.</p>	<p>5</p> <p>Fulfill an item on a teacher's Amazon Wish List.</p>																																																																																																																
<p>6</p> <p>Write an encouraging letter to a deployed or wounded member of the military through Operation Gratitude.</p>	<p>7</p> <p>Smile at everyone you meet today.</p>	 <p>8</p> <p>Text a friend to make sure they got home safely after a night out.</p>	<p>9</p> <p>Make someone's commute easier. Let someone go ahead of you in traffic.</p>	<p>10</p> <p>Plan a weekend hike in nature and decompress.</p>	<p>11</p> <p>Conserve water by turning it off when not in use, fixing leaks, and installing water-saving devices.</p>	 <p>12</p> <p>Hold the elevator or door open for others.</p>																																																																																																																
<p>13</p> <p>Sign up for a free online class, webinar, or conference.</p>	<p>14</p> <p>Leave pumpkins on a family's doorstep along with kid-friendly tools for carving.</p>	<p>15</p> <p>Stop what you're doing for a few minutes to just breathe and appreciate life.</p>	<p>16</p> <p>Bring a friend or family member a souvenir back from a trip.</p>	<p>17</p> <p>Stay a little later to assist a coworker with their workload.</p>	<p>18</p> <p>Take time to really listen to someone and respond with kindness.</p>	 <p>19</p> <p>Write and send a thank you note to someone in your life that helped you through adversity.</p>																																																																																																																
<p>20</p> <p>Put a \$10 or \$20 bill in a book with a note that says, "Great choice! This book is on me!"</p>	<p>21</p> <p>Send a kind message or email to someone who could use some positivity in their life.</p>	<p>22</p> <p>Do yoga or meditate.</p>	<p>23</p> <p>Send someone who is sick some chicken soup and a get-well card.</p>	<p>24</p> <p>Write a list of tasks you have been procrastinating and work on completing them today.</p>	<p>25</p> <p>Make an appointment with your financial advisor to discuss your financial portfolio.</p>	<p>26</p> <p>Foster animals that the shelters do not have space for.</p>																																																																																																																
<p>27</p> <p>Do something that makes YOU happy today.</p>	<p>28</p> <p>Set positive intentions for the week.</p>	 <p>29</p> <p>Write a letter to yourself, forgiving past mistakes.</p>	<p>30</p> <p>Try out a new recipe and share it with others.</p>	<p>31</p> <p>Paint positive messages on pumpkins and leave them around the community.</p>	<table border="0"> <tr> <th colspan="7">SEPTEMBER</th> <th colspan="7">NOVEMBER</th> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td> </tr> <tr> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> </table>		SEPTEMBER							NOVEMBER							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	1	2	3	4	5	6	7	27	28	29	30	31	1	2	8	9	10	11	12	13	14	3	4	5	6	7	8	9	15	16	17	18	19	20	21	10	11	12	13	14	15	16	22	23	24	25	26	27	28	17	18	19	20	21	22	23	29	30	1	2	3	4	5	24	25	26	27	28	29	30	6	7	8	9	10	11	12	1	2	3	4	5	6	7
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