










JANUARY 2021

31 Days of Kindness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Forgive someone who wronged you in the past	2 Spread positive news to someone 
3 Perform a random act of kindness	4  Send a thank you card or PAWS UP to someone	5 Schedule an appointment to donate blood	6 Tell a co-worker how much you value them	7 Give someone your place in line	8 Send someone an email just to say hello	9 Make a friend or family member laugh
10 Help someone in need	11 Buy a coffee for someone 	12 Thank a healthcare worker	13 Compliment a coworker	14 Perform a random act of kindness	15 Order takeout; leave a generous tip 	16 Text a kind thought to a co-worker
17 Compliment a stranger 	18 Perform a random act of kindness	19 Encourage someone having a hard day	20 Be positive in a negative situation	21 Leave snacks in the break room	22 Tell boss something you appreciate about them	23  Return grocery cart back to the store
24 Call family/friend you haven't heard from in a while	25 Leave an uplifting note on a coworker's desk	26 Offer to help a coworker with a difficult task	27 Perform a random act of kindness	28 Thank a support service coworker 	29 Donate to a food bank 	30 Look in the mirror and compliment yourself
31 Do a favor without asking anything in return	 PennState Health					