

#BOOSTKindness Calendar

December 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|--|--|--|
| 1 Buy coffee for a stranger. Pay it forward. | 2 Let another driver merge into your lane. | 3 Put your phone away and take a break from technology. Be present. | 4 Forgive someone and/or make amends with someone. | 5 Offer to babysit, dog sit, or cat sit for someone. | 6 Let someone cut in front of you at the store. | 7 Be kind to yourself. You matter. |
| 8 Write down 3-5 things you are grateful for. Share as a family or with friends. | 9 When you get great service, please let a manager know or submit a Yelp review to give a shout out. | 10 Make a difference and sign up to volunteer in your local community. | 11 Invite someone to dinner – especially at the holidays, when it is difficult for some people to be alone. | 12 Put a coin in an expired meter. | 13 Tell someone you love and appreciate them. | 14 Write a note to a child who could use some extra attention or words of encouragement. |
| 15 Bring in food or snacks for your colleagues. | 16 Hold open a door or elevator for someone. | 17 Put your shopping cart back in its place. | 18 Say "please" and "thank you" like you really mean it. | 19 Send a note of thanks to your local policy makers for their leadership in your community. | 20 Donate unwanted clothes or housewares to a local charity. | 21 Spend 10 minutes meditating and reflecting. #breathe |
| 22 Help a teacher get the supplies needed for class. DonorsChoose.org lets you support schools and teachers in your community. | 23 Find an opportunity to give compliments. It costs nothing. | 24 Give someone a call today and let them know you are thinking of them. | 25 Send a letter or text to someone in your life and tell them how much you appreciate them. | 26 Cook someone a meal and share the recipe. | 27 Make a donation to a charity. Every bit counts. | 28 Pick up trash in your neighborhood and show community pride. |
| 29 Give someone a compliment. | 30 Say hello to a stranger and SMILE. | 31 Leave a note of thanks for your postal carrier. | | | | |

Don't forget to register for the BOOST Conference
www.boostconference.org

