

# Act of Kindness Calendar

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<p>The greatest gift you can give someone is your time, your attention, your love, your concern.</p> 	 <p>Call someone you haven't spoken with in a while.</p>	<p>"Your acts of kindness are iridescent wings of divine love, which linger and continue to uplift others long after your sharing." -Rumi</p> 
<p>Leave a small secret gift for someone.</p> 	<p><b>WE RISE BY LIFTING OTHERS.</b></p> 	<p>Be kind to an animal</p> 
<p>Be kind whenever possible. It is always possible.</p> <p>Dalai-Lama</p> 	 <p>Make it a point to find out the name of someone you see on a regular basis.</p>	<p>How beautiful a day can be When kindness touches it!</p> <p>— George Elliston</p> 
<p>Leave random notes of kindness at home or elsewhere.</p> 	<p>One kind word can change someone's entire day.</p> 	<p>Smile as often as possible today, even if you don't feel like it.</p> 
<p>Be kind to unkind people. They need it most.</p> 	 <p>Place a lottery ticket on someone's windshield.</p>	<p>"What wisdom can you find that is greater than kindness?" —Jean Jacques Rousseau</p> 
<p>Be kind to yourself: Enjoy your favourite meal, take a bath, read a good book...</p> 	<p>No act of kindness, no matter how small, is ever wasted.</p> <p>— Aesop</p> 	<p>Notice negative mind chatter about yourself or others and find the hidden positive perspective.</p> 
<p><b>CINDERELLA:</b> <i>"Have Courage, and Be Kind"</i></p> 	 <p>Fix or make something for someone.</p>	<p>In a world where you can be anything, choose to be kind.</p> 
<p>Share a delicious snack.</p> 	<p>UNEXPECTED KINDNESS IS THE MOST POWERFUL, LEAST COSTLY, AND MOST UNDERRATED AGENT OF HUMAN CHANGE.</p> <p>BOB KERLEY</p> 	<p>Send a YouTube link of a song to a friend that brings back a funny memory.</p> 
<p>If you light a lamp for someone it will also brighten your own path. -Buddhist proverb</p> 	<p><b>TOUGH TIMES</b></p> <p>Go out of your way to make life easier for someone who is going through a difficult time.</p> 	<p>"You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes." —A.A. Milne, Winnie-the-Pooh</p> 
<p>Put quarters in a parking meter.</p> 	<p>"The great acts of love are done by those who are habitually performing small acts of kindness." -Victor Hugo</p> 	<p>Give out five sincere compliments today.</p> 

THROW KINDNESS AROUND LIKE CONFETTI

