

# 28-DAY KINDNESS CHALLENGE

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Hold the door for a stranger	2  Buy coffee for the person in line behind you	3 Write a thank-you note to a <b>friend</b> or <b>mentor</b>
4  <b>Surprise</b> someone with flowers	5 Offer thanks to your boss for each opportunity to learn	6 Say good morning to the first five people you encounter	7 Listen — <b>really listen</b> — to a loved one	8 Compliment a child on an quality you love about him/her	9 Talk to the shy person who's sitting by herself	10  Donate your clothes to charity
11 All day, leave <b>only positive</b> comments on social media	12 Buy lunch for a homeless person	13 Praise your co-worker <b>in front of the boss</b>	14 <b>Do something kind for yourself today</b>	15  Donate books to the public library	16 Offer to babysit your friend's kids <b>for free</b>	17 Pick up trash at a local park
18 Read to the elderly at a nearby nursing home	19  Share your favorite playlist with a friend	20 Remind your parents or children <b>why you love them</b>	21 Allow the person behind you to go first in a line	22 Connect two friends who you think would enjoy each other.	23 Thank your neighborhood mail carrier for a job well done	24 Cook a meal for a neighbor who lives alone
25 Volunteer with friends at a soup kitchen	26  Smile at a stranger — <b>because you can</b>	27 Offer your seat to someone who needs it	28 Reenact someone else's kindness you witnessed this month	Take this 28-day kindness challenge for the month of February to flex your kindness muscle. It's all about paying it forward...		