



# ACTION CALENDAR: ALTRUISTIC AUGUST 2020



## SATURDAY

**1** Choose to be kind to others (and yourself) all this month

**8** Give unused items, clothes, food or money to help a local charity

**15** Cook your favourite food for someone who will appreciate it

**22** Today do something to make life easier for someone else

**29** Plan a future project or gathering for your local community

## SUNDAY

**2** Send a positive message to someone you can't be with

**9** Water some flowers or plants in a public park or outdoor space

**16** No plans day! Be kind to yourself so you can be kinder to others

**23** Turn your phone off and give people your full attention

**30** Today do something to be kind to nature and our planet

## MONDAY

**3** Treat everyone you interact with as though they are a friend

**10** Contact a friend to let them know you're thinking of them

**17** Make a thoughtful gift as a surprise for someone

**24** Take time to forgive someone who hurt you in the past

**31** Share Action for Happiness with other people today

## TUESDAY

**4** Ask someone how they feel and really listen to their reply

**11** Be thankful for your food and the people who made it possible

**18** Give your time to help a project or charity you care about

**25** Give your time and energy to help someone in difficulty

## WEDNESDAY

**5** Spend time wishing for other people to be free from suffering

**12** Share an encouraging news story to inspire others

**19** Check in with someone who may be lonely or feeling anxious

**26** Find a way to 'pay it forward' or support a good cause

## THURSDAY

**6** Smile and be friendly, even when 'physical distancing'

**13** If someone annoys you, be kind. Imagine how they are feeling

**20** Look for the good side in everyone you meet today

**27** Notice when someone is down and try to brighten their day

## FRIDAY

**7** Thank someone you're grateful to and tell them why

**14** Try to bring a smile to as many people as possible today

**21** Tell someone about a book or article you found helpful

**28** Start friendly conversations with people you don't know



**In a world where you can be anything, be kind.  
Every act of kindness makes a difference.**



**ACTION FOR HAPPINESS**



Learn more about this month's theme at [www.actionforhappiness.org/altruistic-august](http://www.actionforhappiness.org/altruistic-august)

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**Keep Calm · Stay Wise · Be Kind**