



ACTION CALENDAR: ALTRUISTIC AUGUST 2020





SATURDAY

Send a 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

- positive message to someone you can't be with
- 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 vou're thinking of them
- Make a thoughtful gift as a surprise for someone
- 24 Take time to forgive someone who hurt you in the past
- 31 Share Action with other people today

TUFSDAY

- 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

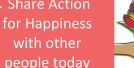
- Spend time wishing for other people to be free from suffering
- 12 Share an encouraging news story to inspire others
- Check in with someone who may be lonely or feeling anxious
- **26** Find a way to 'pay it forward' or support a good cause

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

- 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.



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