





MARCH 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Be Intentionally Kind</p> <p>Kindness comes in all forms, large and small, and how you choose to perform yours is entirely up to you. Everyone deserve to be treated with kindness.</p>						<p>1 Dedicate a day this month to volunteer at a local charity, food bank, or community organization.</p>
<p>2 Start a kindness jar where you can collect notes of gratitude.</p>	<p>3 Practice 4-4-6 breathing. Breathe in for 4 counts, hold it for 4 counts, exhale for 6 counts. Repeat.</p>	<p>4 Start a gratitude journal and write down three things you're thankful for each day.</p>	<p>5 Leave anonymous kind notes in public areas for strangers to find.</p>	<p>6 Offer to help someone without being asked.</p>	<p>7 Schedule time with someone you've been meaning to connect with.</p>	<p>8 Create and distribute handmade cards to residents in local nursing homes or senior centers.</p>
<p>9 </p>	<p>10 Say thank you to someone who often goes unnoticed.</p>	<p>11 Dedicate a day or week to giving sincere compliments to those around you.</p>	<p>12 Make it a goal to give genuine compliments to at least three people today.</p>	<p>13 Make an effort to smile at everyone you pass.</p>	<p>14 Compliment someone you know on something not related to their appearance.</p>	<p>15 Send a care package to someone going through a tough time.</p>
<p>16 Find something nice to say to one of the employees of a business your visit.</p>	<p>17 </p>	<p>18 Make someone happy today by doing something they love with them.</p>	<p>19 Wish the first person you see an amazing day.</p>	<p>20 Compliment five people around you on something not related to physical appearance.</p>	<p>21 Relax! Watch a movie and share a bowl of popcorn with a friend or family member.</p>	<p>22 Take a walk and enjoy the fresh air and nature.</p>
<p>23 Write a heartfelt note or letter to a mentor, teacher, or someone who has made a positive impact in your life.</p>	<p>24 Make someone happy today by doing something they love with them.</p>	<p>25 Give a surprise gift to a friend to brighten their day.</p>	<p>26 Leave anonymous kind notes in public areas for strangers to find.</p>	<p>27 Say thank you to someone who often goes unnoticed.</p>	<p>28 Write a letter to an old friend or educator.</p>	<p>29 Help pick up trash around your street or neighborhood.</p>
<p>30 Take a moment to text, email or call a member of your family, just to talk.</p>	<p>31 Invite a friend or co-worker to lunch, coffee, drinks.</p>	<p>Irish Proverb</p> <p>"May your heart be light and happy, may your smile be big and wide, and may your pockets always have a coin or two inside."</p>				