

#BOOSTKindness Calendar

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Help a teacher get the supplies needed for class. DonorsChoose.org lets you support schools and teachers in your community.	2 Send a note of thanks to your local policy makers for their leadership in your community.	3 Let someone cut in front of you at the store.	4 Say hello to a stranger and SMILE.	5 Send a letter or text to someone in your life and tell them how much you appreciate them.
6 Be kind to yourself. You matter.	7 Put a coin in an expired meter.	8 Put your phone away and take a break from technology. Be present.	9 Offer to babysit, dog sit, or cat sit for someone.	10 Write down 3-5 things you are grateful for. Share as a family or with friends.	11 Make a difference and sign up to volunteer in your local community.	12 Cook someone a meal and share the recipe.
13 Find an opportunity to give compliments. It costs nothing.	14 Write a note to a child who could use some extra attention or words of encouragement.	15 Give someone a call today and let them know you are thinking of them.	16 Hold open a door or elevator for someone.	17 Pick up trash in your neighborhood and show community pride.	18 Give someone a compliment.	19 When you get great service, please let a manager know or submit a Yelp review to give a shout out.
20 Forgive someone and/or make amends with someone.	21 Make a donation to a charity. Every bit counts.	22 Spend 10 minutes meditating and reflecting. #breathe	23 Donate unwanted clothes or housewares to a local charity.	24 Invite someone to dinner – especially at the holidays, when it is difficult for some people to be alone.	25 Say “please” and “thank you” like you really mean it.	26 Tell someone you love and appreciate them.
27 Buy coffee for a stranger. Pay it forward.	28 Put your shopping cart back in its place.	29 Let another driver merge into your lane.	30 Bring in food or snacks for your colleagues.			

Don't forget to register for the BOOST Conference - boostconference.org

