

# #BOOSTKindness Calendar

November 2023

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

Don't forget to register for the BOOST Conference - [boostconference.org](https://boostconference.org)