

#BOOSTKindness Calendar

November 2024

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

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

