make kindness the norm.

A year-long journey of kindness, compassion, and self-care designed specifically for the workplace.
I think we can all agree 2020 had some serious challenges. While it is easy to focus on the negative over the past year, it is more beneficial to our well-being to reflect on the good during the last twelve months. As we move into 2021, our goal is to help you explore the good.

Even on our worst days, there was always something good. The good could have amounted to taking your dog for a walk or soaking in the sun on a beautiful day. As simple as they seem on the surface, these are special and wonderful moments that fill our emotional piggy bank.

We don’t yet know what 2021 will look like, but we can assume things could be very different in our workplaces. For this reason, we’ve made this calendar more adaptable to those working from home or in a different physical environment than previously. Whether you sit in a home office, a corporate building downtown, a factory, a restaurant, a healthcare facility, a school, or the great outdoors, things are different. As humans, we have the unique ability to adapt. With adaptation comes resilience.

We hope you spend this year finding ways to share kindness with others while also reflecting on all the good that’s happening around you.

Tune in and explore the good.
BE CURIOUS AND WONDER.
### JANUARY 2021

**WONDER AND CURiosity**

**WONDER IS THE BEGINNING OF WISDOM.** —SOCRATES

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<td>Don’t rely on Google. Look for other ways to answer your questions.</td>
<td>Attempt to solve one of DaVinci’s questions from his notebook, like calculating the measurement of Milan!</td>
<td>Watch the TEDx Talk, “Do schools kill creativity?” by Sir Ken Robinson.</td>
<td>Do a crossword puzzle.</td>
<td>Organize a team outing to an escape room.</td>
<td>Exchange personal stories with someone at work.</td>
<td>Play a board game or do a puzzle with friends and/or family.</td>
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<td>Explore somewhere you’ve never been within 100 miles of your home.</td>
<td>Research a hobby you’ve been interested in and plan to start it this weekend!</td>
<td>Start a meeting by asking people to share their favorite food or their hobby.</td>
<td>Tidy up your desk.</td>
<td>Offer to help on a project you have interest in.</td>
<td>Update your resume! It allows you to reflect on all the amazing things you have accomplished.</td>
<td>Plant something new in your garden or start an indoor herb garden.</td>
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<td>Strike up a conversation with someone at the store.</td>
<td>Begin journaling if you don’t already; write down how you feel each day and why.</td>
<td>Offer your support to someone who is struggling.</td>
<td>Solicit feedback from colleagues, customers, and others about your performance.</td>
<td>Answer your CAT’s questions day.</td>
<td>Listen to a new podcast.</td>
<td>Listen to some new music today.</td>
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<td>COMPLIMENT DAY Eat at a restaurant that serves food from another culture.</td>
<td>Be a critical, independent thinker.</td>
<td>Sign up for a free online class, webinar, or conference.</td>
<td>CHOCOLATE CAKE DAY Try something new today: hobby, walking path, food, etc. Bake a cake!</td>
<td>FUN AT WORK DAY Offer three genuine compliments to people today (not related to physical appearance).</td>
<td>Reach out to someone you haven’t talked to in a while to catch up.</td>
<td>Today, do something you loved to do as a child.</td>
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<td>DECEMBER</td>
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<td>BACKWARDS DAY Reflect back on all the new things you tried this month!</td>
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There are so many interesting things to learn about in life. For example, did you know that octopi (that’s the plural of octopus!) have three hearts—and nine brains?! Or that it takes sunlight a full 8 minutes and 19 seconds to reach Earth? Or how about the fact that babies are born with nearly 100 more bones than adults?

A lot of this knowledge might seem like useless trivia, but it serves an important role too—to help boost our creativity and wonder muscles.

This month, try setting up an email chain or a dedicated Slack channel and share interesting things you learn with each other. Who knows—you might spark a creative solution to something you are working on as a team. Even if you don’t you will be sure to learn a few amazing things. And, maybe that will come in handy next time you’re watching Jeopardy or playing Trivial Pursuit!
EXPLORE THE GOOD.
## February 2021

**KINDNESS AND LOVE**

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. —Leo Buscaglia

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<td>EAT ICE CREAM FOR BREAKFAST DAY</td>
<td>PLAY YOUR UKULELE DAY</td>
<td>Create time and space for someone to share what’s troubling them.</td>
<td>THANK YOUR MAILMAN DAY</td>
<td>Thank your mail delivery person with a note of gratitude or in person.</td>
<td>Be empathetic.</td>
<td>Check in on a neighbor and see how they are doing.</td>
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<td>Offer a helping hand to a colleague struggling to finish a project.</td>
<td>Be understanding and have patience.</td>
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<td>Send a card to a friend today!</td>
<td>Send a ‘love letter’ to someone telling them how much you appreciate them.</td>
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<td>VALENTINE’S DAY</td>
<td>DO A GROUCH A FAVOR DAY</td>
<td>RANDOM ACTS OF KINDNESS DAY</td>
<td>Believe that everyone is doing their best, even if it doesn’t meet your expectations.</td>
<td>Tell your boss one thing you appreciate about them.</td>
<td>Spend a little extra time with your pet today or buy a treat for a neighbor’s pet.</td>
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<tr>
<td>Send a card to a friend today!</td>
<td>Listen. Respond with kindness.</td>
<td>Build a birdhouse or habitat for bee-friendly plants in your garden.</td>
<td>Explore the good! Make Kindness the Norm!</td>
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<td>Send a ‘love letter’ to someone telling them how much you appreciate them.</td>
<td>Instead of asking how someone is doing, ask about something good that’s happened since the last time you met.</td>
<td>Build a birdhouse or habitat for bee-friendly plants in your garden.</td>
<td>Create a team-building event that helps your community.</td>
<td>Say, “That’s a great idea!” or, “Let’s try that.” while in a meeting today.</td>
<td>Volunteer in your community this weekend.</td>
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<td>Show yourself how much you care by eating healthy meals all day today.</td>
<td>Help someone out whom you don’t like very much.</td>
<td>Explore the good! Make Kindness the Norm!</td>
<td>Believe that everyone is doing their best, even if it doesn’t meet your expectations.</td>
<td>Tell your boss one thing you appreciate about them.</td>
<td>Spend a little extra time with your pet today or buy a treat for a neighbor’s pet.</td>
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<td>Drive less, walk more.</td>
<td>Give up your seat to someone else on public transportation.</td>
<td>Visit a thrift store. Drop off items and up-cycle something new (to you)!</td>
<td>Forgive someone you’ve been holding a grudge against.</td>
<td>Let someone merge into traffic.</td>
<td>Share your favorite fairy tale with a child.</td>
<td>Make eye contact with a stranger and smile.</td>
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<td>Leave unused coupons next to the corresponding products at the grocery store.</td>
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Stories come to us on a daily basis. They are beautiful and heartwarming, but mostly they give us hope. We hear of seemingly insignificant moments where a stranger helps another stranger and impacts the rest of their life with a small gesture. When we tune into kindness happening around us, the day seems a little bit brighter. The week seems a little more manageable.

These stories are nothing new or unique. It is YOUR story. It is OUR story. Help us Make Kindness the Norm by spreading it in the simplest ways.

In 2021, we encourage everyone to Explore the Good and Make Kindness the Norm. Join RAK in its annual celebration of kindness on Random Acts of Kindness Day, Wednesday, February 17, 2021.

randomactsofkindness.org/rak-day
MAKE THE WORLD A BETTER PLACE.
We have learned that human beings are incredibly adaptable and capable of change. In 2020 and 2021 every one of us was placed into a variety of new and often unknown situations because of the pandemic where innovation was key for the sanity of humans and the survival of businesses. Collaboration has been more important than ever and we encourage all of us to keep that spirit alive.

Keep creating, collaborating, and innovating; together we will make the world a better place.

Next time you start a project whether at work, home, or school, try answering the following questions first:

- Why are we doing this?
- What problem are we solving?
- Will this actually be useful?
- Are we adding value?
- Will this change behavior?
- Is there an easier way to accomplish the same thing?
- What are the opportunity costs?
- Will it really be worth it?
- How will we know we did a good job? (Measurements/goals, etc.)

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<td>WORLD COMPLIMENT DAY</td>
<td>I WANT YOU TO BE HAPPY DAY</td>
<td>MARCH FORTH AND DO SOMETHING DAY</td>
<td>LEARN WHAT YOUR NAME MEANS DAY</td>
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<td>Give someone a genuine and meaningful compliment.</td>
<td>Address a concern or issue you’ve been having with someone. Keep a positive mindset.</td>
<td>Do something to make someone else happy today.</td>
<td>Get involved with a community organization.</td>
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<td>Learn the name(s) of someone you come in contact with regularly (cashier, janitorial staff, bus driver, etc.)</td>
<td>Finish your work on time and to the best of your ability.</td>
<td>Respond thoughtfully to emails and phone calls as soon as you’re able.</td>
<td>Be honest and kind when speaking to others.</td>
<td>Offer to help someone with a project or task.</td>
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<td>Tell someone how important they are to you.</td>
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<td>PI DAY</td>
<td>Create healthy meals all week. Take care of your body!</td>
<td>Reply positively to an online post.</td>
<td>Ask a senior about their favorite memory.</td>
<td>AWKWARD MOMENTS DAY</td>
<td>LET’S LAUGH DAY</td>
<td>INTERNATIONAL DAY OF HAPPINESS</td>
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<td>Eat a slice of your favorite pie!</td>
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<td>Take an ‘awkward’ photo of you and your staff/team today, even if it’s in an online meeting!</td>
<td>Tell a ‘belly laugh’ joke.</td>
<td>Reflect on all the things that make you happy and celebrate by doing one of them.</td>
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<td>COMMON COURTESY DAY</td>
<td>Support local businesses.</td>
<td>Unplug appliances and electronics while you’re gone or sleeping. It saves energy!</td>
<td>Adjust the thermostat in your home to save more energy.</td>
<td>WAFFLE DAY</td>
<td>MAKE UP YOUR OWN HOLIDAY</td>
<td>PICK UP LITTER WHILE YOU’RE OUT FOR A WALK TODAY</td>
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<td>Say please and thank you.</td>
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<td>Enjoy a waffle with all your favorite toppings!</td>
<td>Make up your own holiday and celebrate!</td>
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<td>TAKE A WALK IN THE PARK DAY</td>
<td>WHEEL OUT YOUR NEIGHBOR’S TRASH BIN</td>
<td>RIDE YOUR BIKE OR WALK TODAY</td>
<td>USE ENERGY EFFICIENT LIGHT BULBS</td>
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KNOWING YOUR WHY IS NOT THE ONLY WAY TO BE SUCCESSFUL, BUT IT IS THE ONLY WAY TO MAINTAIN A LASTING SUCCESS AND HAVE A GREATER BLEND OF INNOVATION AND FLEXIBILITY. —SIMON SINEK
CONNECT AND COMMUNICATE.
Connection is the foundation of kindness. Kindness only happens when there is connection with others. Even when we are being kind to ourselves, it results in benefits to others. This month, look at ways you can strengthen existing connections with those in your life including those with whom you don’t have a great relationship. Build new connections with people you admire, respect, or just met at the grocery store!

Our connections with people serve as a model to children and adults. Do your best to keep your interactions with others positive and productive. Listen with an open heart and speak with kind words.

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### The Brilliance of Business Is Relationships; The Brilliance of Life Is Human Connection.

—Robin Sharma

#### April 2021

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**SUN:**
- Use your common sense today!

**MON:**
- Call someone who is having a rough time and offer your support.
- Plan a special meal and invite family or neighbors over.
- Take a class or join a local group that gives you an opportunity to meet new people.
- Try to say your favorite tongue twister 10 times in a row today.
- Talk to someone new today.
- Be aware of what your body language is communicating.

**TUE:**
- Reach out to someone you haven’t talked to in a long time.
- Ask someone at work to give you constructive feedback about your performance.
- Go for a hike and notice all the beauty around you.

**WED:**
- Invite someone with whom you’d like a stronger connection to coffee or lunch.
- Sign up to be a penpal to someone in another country.
- Send a card to three different people today.
- Say hello to at least five people today.
- Ride your bike and enjoy the fresh air.

**THU:**
- Support a local sandwich shop today. Buy another one for an unhoused person.
- Be intentional about using positive language in all of your interactions today.
- Don’t engage in negative conversations. Change the subject or inject something positive.

**FRI:**
- Plan a special meal and invite family or neighbors over.
- Do something extra kind today!
- Send someone a positive message first thing this morning.
- Make an effort to use/waste less today and moving forward.
- Say hello to at least five people today.
- Be kind with your words. You never know what someone is dealing with in their life.

**SAT:**
- Spend today reflecting on all the people that support and love you.
- Do an act of kindness today instead of spending money at big stores!
- Lend someone your ear today and offer words of wisdom.
- Go outside of your comfort zone and start a conversation with someone new.
- Instead of buying things today, reflect on all that you have already. Be grateful.
- Be grateful.

---

Useyourcommon sensetoday!

Lookupthe meaningofpaper cranes. Trytomake oneandgiveto somebody.

Makesurepeople knowthattheycan talktoyou and confide in you.

Spendtoday reflectingonall thepeople that support and love you.

**THE BRILLIANCE OF BUSINESS IS RELATIONSHIPS; THE BRILLIANCE OF LIFE IS HUMAN CONNECTION.** —ROBIN SHARMA

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### Additional Notes

- **Grilled Cheese Day**
- **International Moment of Laughter Day**
- **Take a Chance Day**
- **Siblings Day**

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**THE BRILLIANCE OF BUSINESS IS RELATIONSHIPS; THE BRILLIANCE OF LIFE IS HUMAN CONNECTION.** —ROBIN SHARMA
BE THE GOOD.
### May 2021

**The Gifts of Caring, Attention, Affection, Appreciation, and Love are Some of the Most Precious Gifts You Can Give, and They Don’t Cost You Anything. — Deepak Chopra**

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<td>Seek out the opinion and perspective of those outside of your circle.</td>
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**Monday:**
- Build pay structures that create equality for everyone.
- Look for new and different faces for your board of directors.
- Listen to learn, not to respond.
- Join a community meeting that provides insights into what’s happening in your town/city.
- Talk to a colleague about something other than work.
- Tutor someone or volunteer to help those who are less fortunate.

**Tuesday:**
- Stand up for something that helps others.
- Befriend a new work colleague.
- Vote in local, state, and national elections.
- Make up a funny limerick today and share it with others.
- Write down someone’s best qualities. Use that list to write a letter to them and then mail it.
- Dance like a chicken as a team to lighten the mood!
- Consider hosting an evening with acquaintances to build new connections and friendships.

**Wednesday:**
- Leave a generous tip.
- Hire people who come from different areas and have different backgrounds.
- Talk with the person next to you on the bus, airplane, or standing in line.
- Purchase supplies from local, BIPOC/women-owned businesses.
- Greet others with curiosity and warmth.
- Rotate who runs your meetings.
- It’s “Put a Pillow on Your Fridge Day” so... do that!

**Thursday:**
- Be polite on the road.
- Extend equal rights for everyone.
- Stand up for something that helps others.
- Be thoughtful of what you say or write to others. Consider their perspective.
- Start a group at your office that works towards equity for everyone.
- Listen and learn.
- When others are gossiping, be the one to chime in with something positive.

**Friday:**
- Mow a neighbor’s lawn, rake their leaves or shovel their sidewalk.
- Search for ways to create a more equitable workplace.
- Consider the gifts of caring, attention, affection, appreciation, and love. They are some of the most precious gifts you can give, and they don’t cost you anything.
- Consider the gifts of caring, attention, affection, appreciation, and love. They are some of the most precious gifts you can give, and they don’t cost you anything.
- Make something yummy with chocolate chips to share with others!
- Put a pillow on your fridge.

**Caring** can manifest in many different ways. Lend a hand when you can see someone struggling, listen to someone who is feeling frustrated, include others, or offer a kind word to a stranger.

In addition to caring for others, self-care is a topic we hear a lot about. But, what does it really mean? It can certainly include pampering yourself, but it really means taking care of the things that keep you healthy and happy. Eat healthy, get outside, have conversations with people who fuel you. Do what makes you feel good and keeps you going.

When looking for ways to create a kinder and more caring workplace, check out “7 Steps to Creating Kindness in the Workplace” at https://bit.ly/3pdYBa0.

This month, look for ways to show how much you care not only for others, but for yourself.
BETTER TOGETHER.
JUNE 2021

BE SOMEBODY WHO MAKES EVERYBODY FEEL LIKE A SOMEBODY. —BRAD MONTAGUE

EQUITY & INCLUSIVENESS

When individuals feel supported and safe to be 100% who they are, it benefits both the individual and the organization.

So often as individuals, many humans shrink and hide themselves in order to conform with the environment around. They blend in as a way of fitting in, only to lose themselves and their ability to thrive.

Organizations that commit to creating an equitable and inclusive culture not only help support the people within, but also encourage a better world for all of the people outside.

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DRIVE-IN MOVIE DAY
Find a drive-in movie theater and watch a movie about another culture if they are showing one.

HIRE LEADERS who reflect the diversity of our world.

CALL YOUR BEST friend and tell them how much you appreciate them.

ADOPT, don’t shop.

IF you’re able, organize a potluck with dishes from around the world. Include recipes for everyone!

ASK a colleague to share something about themselves that people don’t already know.

DONATE to a charity that focuses on diversity, equity, and inclusion.

Get to know a new neighbor this weekend.

Find a penpal from another country and start a new friendship!

Prepare kits for unhoused people including toiletries and snacks.

Sign up for a webinar or class on how to create a more inclusive workplace.

Seek out the opinions of those who aren’t normally included in meetings.

Ask a colleague to share something about themselves that people don’t already know.

DONATE to a charity that focuses on diversity, equity, and inclusion.

Get a trip to another country and research the culture before you go.

Send a note of appreciation to a colleague.

Offer to help someone who is struggling.

Look up one of your favorite words and see how it translates in another language.

Give people grace. Know that their experiences, stories, and histories are very different from your own.

Be open to new experiences outside your comfort zone.

Learn about the history of the town or city you live in.

Look for the good in people. Everyone has at least one positive quality!

Share something about your family history with someone at work.

Support diverse people in local, state and national government elections.

SAY SOMETHING NICE DAY
Include someone new in your meeting and ask for their thoughts. Compliment their contribution!

LEAVE THE OFFICE EARLY DAY
Create opportunities for growth for BIPOC and LGBTQ+ people in your company.

Ask questions of someone you don’t agree with and really listen with an open mind.

HUG YOUR CAT DAY
Hug your cat!

EAT OUT at a new, local restaurant that serves food from a different country.

Donate to a charity that focuses on diversity, equity, and inclusion.

Learn an new language.

Be open to new experiences outside your comfort zone.

Share something about your family history with someone at work.

Support diverse people in local, state and national government elections.

Learn about the history of the town or city you live in.
BE BRAVE.
Forgive someone a past transgression.

Volunteer at an eldercare facility.

Allow yourself to sit with uncomfortable emotions and truly feel them.

Share your greatest fear with someone close to you. Discuss ways you can overcome your fear.

Have faith that things will work out for the best.

Keep things simple today - don’t push yourself too hard.

Allow yourself to sit with uncomfortable emotions and truly feel them.

What would life be if we had no courage to attempt anything? —Vincent Van Gogh

Courage doesn’t always equate to the image of Superman or a firefighter. Courage is often quiet and shows up as vulnerability and humility. It is a difficult thing to share something personal with another person, but it helps create connection and offers an opportunity for empathy when someone is going through a difficult time. Humility is courageous as well - when we admit we’ve done something wrong and ask for forgiveness, it takes a huge amount of strength and courage. When we realize we could have done better in a certain situation, be humble and admit it (even if you only admit it to yourself and do better next time).

Consider all the ways courage shows up in your life. Does it appear in the most vulnerable moments?
GIVE
RESPECT.
RECEIVE
RESPECT.
Respect yourself today - get some extra sleep and take a nice long walk.

Make someone happy today by doing a kind act for them.

Use today to do something relaxing.

Give up your seat on public transportation to someone or allow someone to merge into traffic.

Greet people with a genuine smile.

**Happiness Happens Day**

- Call or text your sister telling her all the things you respect about her.
- Buy (or download) a new book today.
- Tell a joke to someone and make them laugh.
- Use the phrase, “I hadn’t thought about it like that before…” more.

**Watermelon Day**

- Shower your son and/or daughter with love today!
- Clean out your email inbox and unsubscribe from emails you no longer want to receive.
- Find a sunny spot to enjoy lunch, snack or a cold drink.

**Relaxation Day**

- Show up when you say you’ll be there.
- Use positive language.
- Use the phrase, “I hadn’t thought about it like that before…” more.

**Tell a Joke Day**

- Offer a helpful solution to someone who is struggling at work.
- Forgive someone and/or ask for forgiveness.
- Accept an apology from someone else.

**Sisters Day**

- Show up when you say you’ll be there.
- Use positive language.
- Use the phrase, “I hadn’t thought about it like that before…” more.

**Son and Daughters Day**

- Keep common areas clean and tidy.
- Listen with curiosity.
- Take your dog for an extra long walk with some play time today.

**Left-Handers Day**

- If you know a left-handed person, give them a left-handed high five today!
- Follow through on a promise you made.
- Spend time with a grandparent or elderly friend today.

**Eat Outside Day**

- Respect the environment. Ride or walk today. Pick up litter along the way.
- Show up when you say you’ll be there.
- Use positive language.

**Kiss and Make Up Day**

- Take your dog for an extra long walk with some play time today.
- Be willing to admit when you are wrong and apologize.
- Accept an apology from someone else.

**Dog Appreciation Day**

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CELEBRATE THE GOOD.
THE DEEPEST PRINCIPLE IN HUMAN NATURE IS THE CRAVING TO BE APPRECIATED. —WILLIAM JAMES

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<td>Leave sticky notes in public places with words of affirmation.</td>
<td>Make a checklist this morning and get as many things completed as you can.</td>
<td>When doing performance reviews, focus on the positive.</td>
<td>Share how proud you are of someone where others can hear it.</td>
<td>Thank people for their input and valuable ideas.</td>
<td>Share your ideas and ask for others to share theirs.</td>
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<td>Pat yourself on the back for accomplishing something this weekend.</td>
<td>Begin your day with a positive affirmation.</td>
<td>Give your dog a big hug today!</td>
<td>Tell your spouse/partner/best friend what you believe are their best qualities.</td>
<td>Thank someone for all their hard work.</td>
<td>Leave a positive review online for a local business you frequent.</td>
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<td>POSITIVE THINKING DAY</td>
<td>HUG YOUR HOUND DAY</td>
<td>GUACAMOLE DAY</td>
<td>SWAP IDEAS DAY</td>
<td>MAKE YOUR BED DAY</td>
<td>Get up, make your bed, and start the day feeling organized.</td>
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<td>Get outside today and clean up litter along the way.</td>
<td>Remind your kid(s) how proud you are of them.</td>
<td>Be bold and ask a friend what they think your best qualities are and then share what you think about them.</td>
<td>Randomly decorate someone's office or workspace today to let them know they are valued.</td>
<td>Open a meeting with everyone saying something positive about one other person in the room.</td>
<td>Remember that everyone provides value in a workplace.</td>
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<td>NATIONAL CLEANUP DAY</td>
<td>LOVE NOTE DAY</td>
<td>GOOD NEIGHBOR DAY</td>
<td>SWAP IDEAS DAY</td>
<td>MAKE YOUR BED DAY</td>
<td>Tip generously.</td>
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<td>Send a note of appreciation to someone who should be recognized.</td>
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<td>Let your neighbor know how much you appreciate them! Consider baking them a treat!</td>
<td>When you're at a restaurant or store, give the manager positive feedback about an employee.</td>
<td>Let your parents know that you appreciate them.</td>
<td>Send a note of appreciation to someone who should be recognized.</td>
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STAY HUMBLE AND KIND.
### October 2021

**HUMILITY**

*Pride is concerned with who is right. Humility is concerned with what is right. —Ezra Taft Benson*

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<td><strong>CARDMAKINGDAY</strong> 3 Make a card for your best friend and send it to them.</td>
<td><strong>TACODAY</strong> 4 Listen to what others are saying and respond with kindness.</td>
<td><strong>REMINDYOURSELFTHATNOONEISBETTERTHANANYONEELSE.</strong> 5 Be grateful for what you have. Try not to compare yourself to others.</td>
<td><strong>BEOPENTOHEARINGTHEOTHERSIDEOFANARGUMENT.</strong> 6 Be open to hearing the other side of an argument.</td>
<td><strong>INTERNATIONAL COFFEE DAY</strong></td>
<td><strong>TREATONEOMICOFCAFE TODAY.</strong> 7 Treat someone to a cup of coffee today.</td>
<td><strong>WORLD SMILE DAY</strong> 8 Smile at 5 people while you’re out.</td>
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<td><strong>CURIOUSEVENTSDAY</strong> 9 Listen to advice from those trying to help you.</td>
<td><strong>DICTIONARYDAY</strong> 10 Look up a new word in the dictionary today and start using it!</td>
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<td><strong>HUMILITY</strong> 11 Admit mistakes and apologize when appropriate.</td>
<td><strong>WHENANOPPORTUNITYPRESENTSITSELF,HELPINAWAYONLYYOU CAN.</strong> 12 Keep an open mind about new ideas and experiences.</td>
<td><strong>BEVULNERABLEWITHOTHERSANDBE EMPATHETIC.</strong> 13 Be vulnerable with others and be empathetic.</td>
<td><strong>BEAREAWEOFYOUR ACTIONS ARE HELPFUL OR HURTFUL.</strong> 14 Be aware of when your actions are helpful or hurtful.</td>
<td><strong>INTERNATIONAL COFFEE DAY</strong></td>
<td><strong>TREATONEOMICOFCAFE TODAY.</strong> 15 Treat someone to a cup of coffee today.</td>
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<td><strong>CHOCOLATECUPCAKEDAY</strong> 17 Volunteer at a local organization that helps those in need.</td>
<td><strong>TREATYOURSELFTO SOMETHINGYOU LOVE TODAY.</strong> 18 Treat yourself to something you love today.</td>
<td><strong>ALLOWAYOURSELFTOBECORRECTEDWHENYOU ARE WRONG.</strong> 19 Allow yourself to be corrected when you are wrong.</td>
<td><strong>INVITEOTHERSTHETHECONVERSATIONWHEN IDEASAREBEINGSHARED.</strong> 20 Invite others into the conversation when ideas are being shared.</td>
<td><strong>REMEMBERTHATEVERYONEIS GOING THROUGH SOMETHING YOU DON’T KNOW ABOUT. BE KIND.</strong> 21 Remember that everyone is going through something you don’t know about. Be kind.</td>
<td><strong>LEANDAHANDWHEN YOU SEESOMEONESTRUGGLING.</strong> 22 Lend a hand when you see someone struggling.</td>
<td><strong>STARTLISTENINGTOAN UPLIFTINGPODCAST.</strong> 23 Start listening to an uplifting podcast.</td>
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<td><strong>MAGICDAY</strong> 24 Identify three of your strengths and find ways to share them with others.</td>
<td><strong>SHAREYOURSTRUGGLES WITH THOSEYOUSTRUST. ASK FOR SUPPORT IF YOU NEED IT.</strong> 25 Share your struggles with those you trust. Ask for support if you need it.</td>
<td><strong>REMEMBERTHAT SOMETIMESJUST LISTENINGSOMEONEWITH AN OPENHEARTIS ENOUGH.</strong> 26 Remember that sometimes just listening to someone with an open heart is enough.</td>
<td><strong>DON’TALLOWYOURSELFTOMISTREATED. KNOWTHATYOU ARE WORTH IT.</strong> 27 Don’t allow yourself to be mistreated. Know that you are worth it.</td>
<td><strong>REACHOUTTOSOMEBODY WHOHAVEHAD A DISAGREEMENT. TRY TO RECONNECT INAPOSITIVE WAY.</strong> 28 Reach out to someone with whom you’ve had a disagreement. Try to reconnect in a positive way.</td>
<td><strong>CONSIDERADOPTINGA PET.</strong> 29 Consider adopting a pet.</td>
<td><strong>TRETSOMETHINGNEW AND OUTSIDEOFYOURCOMFORT ZONE.</strong> 30 Try something new and outside of your comfort zone.</td>
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Humility is something we are always working on, and while no one expects you to be treated poorly and accept bad behavior from others, try a mindset of humility and try to hear the messages you’re being given.
BE THANKFUL.
I DON'T HAVE TO CHASE EXTRAORDINARY MOMENTS TO FIND HAPPINESS–
IT'S RIGHT IN FRONT OF ME IF I'M PAYING ATTENTION AND PRACTICING GRATITUDE. —BRENÉ BROWN

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<td>Start a ‘things I’m grateful for’ list and add to it as you think of things.</td>
<td>Play ‘gratitude ping pong’: pass a ball back and forth for two minutes sharing things for which you are grateful.</td>
<td>SANDWICH DAY</td>
<td>COMMON SENSE DAY</td>
<td>End the work week by letting someone know how much you appreciate them.</td>
<td>Even if your job isn’t ideal, be grateful that you are able to work and earn money.</td>
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<td>TONGUE TWISTER DAY</td>
<td>ORIGAMI DAY</td>
<td>Spend part of today looking through old photos to remember important events in your life.</td>
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<td>Start your day by greeting the sun and silently appreciating all the good in your life.</td>
<td>WORLD KINDNESS DAY</td>
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<td>CLEAN OUT YOUR FRIDGE DAY</td>
<td>Send a dear friend a small gift and note telling them how much they mean to you.</td>
<td>TAKE A HIKE DAY</td>
<td>While eating a meal, remember all the people who helped (farmers, truckers, grocery store clerks, etc.).</td>
<td>USE LESS STUFF DAY</td>
<td>Know that even on your most difficult days, someone is struggling even more.</td>
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<td>WORLD HELLO DAY</td>
<td>GO FOR A RIDE DAY</td>
<td>CREATE YOUR UNIQUE TALENT DAY</td>
<td>Help a neighbor out with yard work or a chore they have not been able to complete.</td>
<td>RAK FRIDAY</td>
<td>TAKE the time to call a family member or tell your children how much they mean to you.</td>
<td>BUY NOTHING DAY</td>
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<td>Pick up litter around your neighborhood to show you care.</td>
<td>When you go to bed tonight, close your eyes and think of 10 things for which you are grateful.</td>
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Brené Brown’s quote reminds us that in our fast-paced lives, it is way too easy to miss a lot of things that are truly good and meaningful—things that can help us be genuinely happy and content in life. Little things easily rush by—like savoring each sip when our morning coffee tastes extra delicious, or thinking of those plastic end caps on our shoelaces that prevent them from unraveling (whatever those are called), appreciating the fact that the electricity flowing around us makes our lives a lot easier and hardly ever goes out, marveling at medical science that helps us live healthier lives, or the fact that most of us have phones in our pockets that connect with the world at nearly the speed of light.

Infinitely more important than any of these ‘things’ are all the people in our lives. We often lose sight of just how truly lucky we are to have our families and friends. There are a million reasons to be grateful for our loved ones of course, but even annoying people we come across can teach us to be grateful in subtle ways (grateful that we aren’t like them, for example).

This month, try slowing down just a little to make time to appreciate the people (and things) that are already right in front of all of us—all the extraordinary moments, things, and people that give our life meaning and make us truly happy.

To get into the habit, start a simple list and add to it as you think of things throughout the month.
THE BUCK STOPS WITH KINDNESS.
It may not feel like responsibility and kindness go hand in hand. However, if we think about acting responsibly and being accountable it becomes clear that our actions affect others. In addition to personal responsibility, we can also (kindly) hold others accountable for their actions.

This month, look for opportunities to complete tasks, help others complete theirs, be accountable for your actions and encourage your family, friends, and colleagues to hold themselves accountable for their actions.

THERE ARE TWO PRIMARY CHOICES IN LIFE: TO ACCEPT CONDITIONS AS THEY EXIST, OR ACCEPT THE RESPONSIBILITY FOR CHANGING THEM. —DENIS WAITLEY