

Altruistic August 2023

MONDAY



TUESDAY

WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

SUNDAY

1 Set an intention to be kind to others (and yourself) this month

2 Send an uplifting message to someone you can't be with

3 Be kind and supportive to everyone you interact with

4 **Ask someone how they feel and really listen to their reply**

5 Spend time wishing for other people to be happy and well

6 Smile and be friendly to the people you see today

7 Give time to help a project or cause you care about

8 **Make some tasty food for someone who will appreciate it**

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 **Contact a friend to let them know you're thinking of them**

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 **Make a thoughtful gift as a surprise for someone**

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 **Look for the good in everyone you meet today**

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 **Forgive someone who hurt you in the past**

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 **Have a friendly chat with someone you don't know very well**

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today

