



30 Days of Kindness Calendar

This **October**, VIA invites you to celebrate the character strength of kindness each day. Research shows exercising kindness can boost happiness, make you more likable to others and help reduce anxiety and depression. Use this daily calendar to activate the powerful strength of kindness within you!



<input checked="" type="checkbox"/> Text 5 people and tell them why you are grateful for them.	<input checked="" type="checkbox"/> Complete a chore that your partner usually does.	<input checked="" type="checkbox"/> Reach out to a co-worker and offer assistance on a project.	<input checked="" type="checkbox"/> Declutter your home and donate items to a local charity.	<input checked="" type="checkbox"/> Share uplifting content on your social media to brighten others' feeds.	<input checked="" type="checkbox"/> Spend 30 minutes doing something you love.
<input checked="" type="checkbox"/> Check in with a co-worker and ask how they are doing.	<input checked="" type="checkbox"/> Offer to help a neighbor with a task or errand.	<input checked="" type="checkbox"/> Cook a special meal or treat for a loved one and enjoy it together.	<input checked="" type="checkbox"/> Spend time in nature and pick up litter in the area.	<input checked="" type="checkbox"/> Call a friend you haven't talked to in a while and check-in.	<input checked="" type="checkbox"/> Practice active listening when speaking with friends or family.
<input checked="" type="checkbox"/> Spot the character strengths you see someone using.	<input checked="" type="checkbox"/> Forgive someone for a past wrongdoing and let go of lingering resentment.	<input checked="" type="checkbox"/> Volunteer your time to a cause you care about.	<input checked="" type="checkbox"/> Dedicate quality time to your family, playing games or eating dinner together.	<input checked="" type="checkbox"/> Support a local business by making a purchase and leaving a positive review.	<input checked="" type="checkbox"/> Text a friend a happy memory you shared together.
<input checked="" type="checkbox"/> Send a favorite recipe to a friend.	<input checked="" type="checkbox"/> Praise a coworker for something they did really well.	<input checked="" type="checkbox"/> Next time you have great service, leave a generous tip.	<input checked="" type="checkbox"/> Practice patience with everyone you encounter today.	<input checked="" type="checkbox"/> Deliver a home cooked meal to a busy friend.	<input checked="" type="checkbox"/> Take the neighbors dog for a walk.
<input checked="" type="checkbox"/> Give a sincere compliment to someone you interact with today.	<input checked="" type="checkbox"/> Send a hand-written letter to a friend or family member.	<input checked="" type="checkbox"/> Perform a random act of kindness for a stranger, like holding the door or buying their coffee.	<input checked="" type="checkbox"/> Express gratitude to a coworker for their hard work.	<input checked="" type="checkbox"/> Focus your personal meditation on positive self-talk and self-compassion.	<input checked="" type="checkbox"/> Reflect on your month of kindness, plan how you'll continue to spread kindness.

For more information on activating all 24 of your strengths visit

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