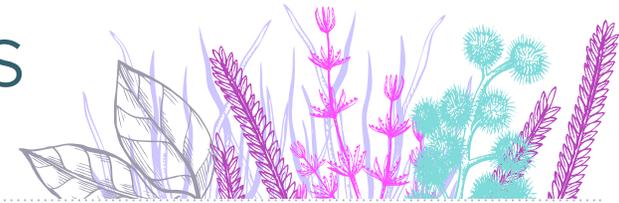


# 31 DAYS OF KINDNESS

## Community & Neighbors



1 <i>Pick up 10 pieces of trash while running an errand.</i>	2 <i>Tip an extra 10% on your bill and say thank you.</i>	3 <i>Let someone else go first in line.</i>	4  <i>Smile</i>	5  <i>Send flowers to a local store.</i>	6 <i>Sign up for a community clean up.</i>	7 <i>Leave a friendly note in a public facility.</i>	
8  <i>Smile</i>	9 <i>Send a few positive cards to nursing home residents.</i>	10 <i>Fill a box with books and donate to the library.</i>	11 <i>Meet a new neighbor.</i>	12  <i>Smile</i>	13 <i>Donate a bag of old clothes.</i>	14 <i>Plant a tree.</i>	
15  <i>Send flowers to the local nursing home or hospital.</i>	16  <i>Smile</i>	17 <i>Sign up to help at the animal shelter.</i>	18 <i>Buy coffee for the person in line behind you.</i>	19 <i>Leave a small gift for your mail carrier.</i>	20  <i>Smile</i>	21 <i>Leave quarters at the laundromat.</i>	
22 <i>Compliment a driver on how they parked.</i>	23 <i>Walk or ride a bike instead of driving.</i>	24  <i>Smile</i>	25 <i>Have a vegetarian day.</i>	26 <i>Switch to reusable bags to shop.</i>	27 <i>Sign up to run or walk a 5k for a cause.</i>	28  <i>Send flowers to your local community center.</i>	
29  <i>Smile</i>	30 <i>Switch to a reusable water bottle.</i>	31 <i>Let someone behind you in line check out first.</i>	<p><i>“There is no power for change greater than a community discovering what it cares about.”</i></p> <p>— MARGARET J. WHEATLEY</p>				<p>NOTES:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>