

Gratitude & Kindness Calendar

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Say "thank you" to someone today	Share a poem or quote with meaning to you at your place of work	Be thankful for you being you and all that you offer the world	Pat an animal or remember a favourite pet today	Volunteer to do a chore or errand around the workplace/home	Give someone you are thankful for having in your life a hug	What made you smile today? Take a moment to picture it in your mind
8	9	10	11	12	13	14
Make a cuppa for a colleague, friend or family member	Take 15-20 minutes out of your day to practice mindfulness*	Compliment someone on a skill or strength that you admire	Reflect on something you achieved today and pat yourself on the back	Share with someone a photo or video which moved you	Gift something special with meaning to you, to someone and let them know why	Take a photo of something you are grateful for
15	16	17	18	19	20	21
Give a random and sincere complement	Write down 3 things about today that sparked joy for you	Go for a walk & be mindfully aware of nature, take in the sights, sounds and smells	Give someone a flower, shell or taonga special to you to show your appreciation	Take a moment to reflect – Who or what touched your heart today?	Perform a random act of kindness for someone, even better if it's a stranger	Be grateful for the people in your life, call a friend today to see how they're doing
22	23	24	25	26	27	28
Treat yourself (be grateful for you)	Tell someone something you value about them	Listen and truly 'hear' what is being said, not what you think is being said	When was the last time you laughed uncontrollably? relive the memory	Be grateful for the life lessons you've learnt from those who have gone before you	Do something charitable today & if you're stuck for ideas, donate to your local Hospice shop	"Stop & smell the roses"; savour your favourite scent or burn some essential oils today
29	30	31				
Write an anonymous post of appreciation of a colleague & post it on their computer	Everyone you meet is fighting a battle you know nothing about. Be kind to those who might be struggling	Take a moment to reflect – What do you value about yourself?	*visit mindfulness.co.nz to find out more about practicing mindfulness <i>"Enjoy the little things, for one day you may look back and realise they were the big things"</i> — Robert Brault			

gratitude
CHANGES
everything

When you love
what you have,
you have
everything
you need.

Thank
you