

Gratitude & Kindness Calendar

JULY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|---|
| | | | | | | 1 |
| | | | | | | What made you smile today? Take a moment to picture it in your mind |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Make a cup of tea for a colleague | Take a moment to reflect – what is something special about today? | Compliment someone on a skill or strength that you admire | *Event: Animals love unconditionally, pat an animal or remember a favourite pet today | Listen and truly 'hear' what is being said, not what you think is being said | Gift something special with meaning to you, to someone and let them know why | Take a photo of something you are grateful for |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Give a random and sincere complement | What surprised you today? | 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 you are grateful for | Be grateful for the people in your life, call a friend today |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Treat yourself (be grateful for you) | Tell someone something you value about them | *Event: Attend Gratitude Rocks! | 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 | What is beautiful around you? | "Stop & smell the roses"; savour your favourite scent or burn some essential oils today |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Write an anonymous post of appreciation of a colleague & post it on their computer | Join in or sign up to a mindfulness or dragonfly making session today at work | Take a moment to reflect – What do you value about yourself? | Say "thank you" to someone today | Share a poem or quote with meaning to you on a board in the staff room | Be thankful for you being you and all that you offer the world | Do something charitable today & if you're stuck for ideas, donate to one of the Hospice shops |
| 30 | 31 | NOTES: | | | | |
| Reflect on your body and how you feel. Be grateful for your health | *Event: Be grateful for good food and colleagues – bring something for a shared lunch today | *Events to attend: 1. 5th July - Join in with the Kowhai Group to meet & pat the therapy dogs 2. 18th July - Attend Gratitude Rocks! 4pm at 52 Beach Road & paint a word or image you are grateful for to share with the team (rocks provided, followed by wine & cheese) 3. 31st July- Bring in something for a shared lunch to celebrate the end of the month | | | | |

