

your only
limit is

you

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1 Compliment someone's unique quality	2 Invite someone who looks lonely to chat
3 Talk to someone older about their life experiences	4 Try to understand someone's view without agreeing	5 Tell someone you are thankful for them	6 Listen without interrupting when someone talks today	7 Think of a time you felt empathy for an animal	8 Teach someone a new skill	9 Write a kind note to someone
10 Make plans to watch a movie with someone	11 Watch a documentary about people in challenging situations and	12 Help someone with a task or homework	13 Ask someone about their day and really listen	14 Apologize if you made a mistake or hurt someone's feelings	15 Tell someone an inspiring story or quote	16 Offer to help someone without them asking
17 Talk to someone younger about their hopes and dreams	18 Reflect on a time you misjudged someone	19 Surprise someone with a small, thoughtful gift	20 Share a story about a time you felt misunderstood	21 Build something together with someone: a puzzle, a game, etc.	22 Ask someone about their favorite hobby	23 Write a letter to someone feeling down
24 Discuss ways to support people going through tough times	25 Cook or bake something with someone	26 Organize a small get together with friends or family	27 Discover a tradition from someone's culture	28 Compliment someone without mentioning their looks	29 Plan a fun activity for the weekend with someone	30 Share an inspiring story of kindness with family
31 Set goals for the upcoming year with someone	1	2	3	4	5	6