



VIA 30 Days of Kindness Calendar

Research shows exercising kindness can boost happiness, make you more likable to others and help reduce anxiety and depression. For one month, bring deliberate attention to this character strength and perform a conscious act of kindness each day. Use the calendar of tips below to activate this powerful strength within you!

NAME:

DATE:

Surprise a neighbor with a note and treat on their doorstep.

Donate hand sanitizer to a school.

Let someone go ahead of you in the checkout line.

Praise a coworker for something they did well.

Complete a chore that your partner usually does.

Feed birds at a local park.

Donate items and clothes you haven't used in awhile.

Buy something from a local shop in your neighborhood.

Write a positive comment on a friend's social media post.

Take a neighbor's dog for a walk.

Leave a "thank you" note for your mail carrier or garbage collector.

Text 5 people and tell them why you are grateful for them.

Spend 30 minutes doing something you love.

Call to check-in on a friend you haven't talked to in awhile.

Send flowers to someone for no reason.

Be an open listener to a friend dealing with a problem.

When you see a well-behaved child, compliment his/her parents.

Give a genuine "thank you" to the workers you interact with.

Put a sign with words of encouragement on your window for neighbors to see.

Send a favorite recipe to a friend.

Leave a positive online review for a local business.

Deliver a home-cooked meal to a busy friend.

Next time you have great service, leave a generous tip.

Focus your personal meditation on positive self-talk or self-compassion.

Send friends recommendations for movies, books or songs they would enjoy.

Mail recent pictures to an elderly relative.

Email a friend about a happy memory you shared together.

Pick up litter in your neighborhood.

Buy a gift certificate to support a local restaurant.

Spot the character strengths you see someone using.

For more information on activating all 24 of your character strengths visit

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