

# 30 DAYS OF KINDNESS

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SAUTURDAY      SUNDAY

1 Enjoy a Mindful Practice of Gratitude

2 Create an "Erasure" Poem

3 Give Thanks Before a Meal

4 Complete a Gratitude Exercise

5 Give Someone a Genuine Compliment

6 Spend Quality Time with a Friend

7 Call a Family Member to Say Hello

8 Document Your Acts of Kindness From the Day

9 Send Someone a Kindness Card

10 Donate Anonymously to a Cause

11 Name Someone's Act of Leadership

12 Take an Online Workout Class with BurnAlong

13 Be Patient With Others When You're Angry

14 Give the Gift of Kindness

15 Ask Someone What They Enjoy Doing

16 Practice Active Listening

17 Interact With Your Online Classmates

18 Take a Break to Prevent Burnout

19 Eat an Environmentally Friendly Lunch

20 Enjoy a Quiet Walk in Nature

21 Practice Meditation to Reduce Anxiety

22 Focus on Completing a Task

23 Practice Body Positivity with Self-Affirmations

24 Write about How You Show Compassion

25 Connect with Two People

26 Share Your Feelings with Others

27 Allow Yourself to Sleep in and Relax

28 Study or Work in a New Location

29 Celebrate Your Identity in Community

30 Enjoy Moments of Awe



Center for the Advancement of Well-Being



University Life