

30 Days of KINDNESS

J A N U A R Y

89.3 KSBJ
God listens.®

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6

Volunteer for something in church.

13

Write an encouraging note to your pastor or youth pastor.

20

Be intentionally positive on social media.

27

Write down things you are thankful for and share with your family.

7

Reach out and mend a broken or strained relationship.

14

Hold your tongue. Make this a no-complaint day.

21

Leave a note of encouragement on someone's car.

28

Do something special for someone that you love today.

1

Text an encouraging message to someone in your contact list.

8

Let someone go in front of you in line.

15

Invite a neighbor or co-worker to lunch.

22

Tell your kids about the day they were born. Have dessert to celebrate.

29

Plan a date night.

2

Smile and hold the door for someone.

9

Plan a day to bring in treats for the office or school staff.

16

Plan a date night.

23

Invite someone to church.

30

Have a totally tech-free night. Turn the phones off!

3

Tell the boss something positive about a co-worker.

10

Hide an encouraging note in someone's desk, lunchbox, car or backpack.

17

Send a card or flowers to someone who is sick.

24

Offer to run an errand for a busy or overwhelmed friend.

31

Text an encouraging message to someone in your contact list.

4

Pay for the person behind you in the drive-thru.

11

Pay for the person behind you in the drive-thru.

18

Pay for the person behind you in the drive-thru.

25

Pay for the person behind you in the drive-thru.

5

Report great service to a manager.

12

Return a shopping cart to its proper place.

19

Spread cashier cheer! Thank a cashier for their work.

26

Hold your tongue. Make this a no-complaint day.