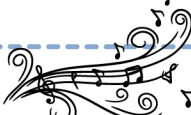


JULY KINDNESS CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
 Follow @KindnessXL	 Are you Ready? Scroll through your social media connections and find someone you haven't chatted with in a while. Send them a kind, encouraging message	 1 Post an uplifting story, photo, or quote on social media to inspire others.	 2 Leave a kind sticky note in a public place —on a mirror, a gas pump, or a park bench.	3 Today, share (text, post, call, talk) something that lifts others up—a photo, story, or quote that made your heart smile. 	4 4th of July Take a moment to thank someone who helps keep your community safe, strong, and free.	5 Be Kind to Environment Today take some time to pick up the 4th of July litter in your neighborhood. 
6  Send someone a song that makes you feel happy or hopeful, and tell them why you thought of them.	7  Donate new or gently used towels and blankets to your local animal shelter.	8 Good Job! Find opportunities to give compliments today. It costs nothing, takes no time, and could make someone's entire week.	9  Tape quarters to a vending machine with a note that says, "This act of kindness is just for you!"	10  Invite someone for a screen-free walk, picnic, or carefree time together. Let kindness be your connection.	11  Leave a note on someone's car telling them how AWESOME they parked.	12  Donate lightly used clothes, toys, books, furniture, etc... that you no longer use.
13  Be a Grown-Up They Remember. Show a child kindness today.	14  Donate new or gently used towels and blankets to your local animal shelter.	15  Send a positive text message to 5 people right now.	16  Leave a favorite book in a Little Free Library with a note tucked inside that says, "This book made me smile—maybe it will do the same for you!"	17  Hold the door or elevator open for someone today.	18  SMILE AT EVERYONE YOU SEE TODAY.	19  Help someone return their grocery cart, especially if they have kids or mobility challenges.
20  Invite someone to get Ice Cream with you in celebration of National Ice Cream Day!	21  Leave a glowing online review or shout-out to a local business you love.	22  Pay attention today: Is someone feeling down, overwhelmed, or unseen? Offer a kind word or encouragement to lift their spirits.	23  Tell a family member 3 things you love about them.	24  Self-Kindness Look in the mirror and say three (3) kind things to yourself out loud.	25 YES! Today, Look for an opportunity to say "YES!" when someone asks for help—whether it's carrying groceries, giving a ride, or listening without judgment.	26  If you see someone doing something great—holding the door, calming a child, helping someone—acknowledge it. Say, "I noticed that. You're awesome."
27 Happy Love is Kind Day! Share a compliment, lend a helping hand, or surprise someone with a heartfelt note.	28 World Nature Conservation day Pick up litter, plant something, skip single-use plastic, or take a nature walk and share what you appreciate. Kindness to the Earth is kindness to everyone. 🌱	29 National Lasagna Day! It's National Lasagna Day! Surprise someone with a warm meal—make a lasagna, share leftovers, or send a gift card to their favorite spot.	30  Reach out to a friend—new or old—and remind them how much they mean to you. Send a message, make a call, or plan a hangout.	31  REFLECTION How did this Challenge impact you? What's one small act you'll carry forward into your daily life?		