

May 2020

altruism:
 [al-troo-iz-uhm]
 - noun
*unselfish concern for others;
 putting others before yourself*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|---|
| 26 | 27 | 28 | 29 | 30 | 1 Do something fun to brighten your workspace (flower, open curtain, display fav quote). | 2 Do something meaningful for someone you really care about. |
| 3 Today, do something to care for the natural world. | 4 Schedule a virtual coffee date with a co-worker. | 5 Ask a loved one or colleague what matters most to them and why. | 6 Take a positive action to help in your local community. | 7 Send friends a photo of a time you all enjoyed together #TBT. | 8 Send a note (email or text) to a family member or co-worker to let them know you are thinking of them. | 9 Hand-write a note to someone you love and send them a photo of it. |
| 10 Look for the good in others and notice their strengths. | 11 Show your gratitude to people who are helping to make things better. | 12 Share an inspiring quote with others to give them a boost today. | 13 Give your time to help a project or charity you care about. | 14 Reach out to someone and do a virtual workout together. | 15 Call a loved one to catch up and really listen to them. | 16 Do three acts of kindness to help others no matter how small. |
| 17 Make uninterrupted time for your loved ones. | 18 Get in touch with an old friend you've not seen in awhile. | 19 Tell a loved one about their strengths that you value most. | 20 Call a relative who is far away to say hello and chat. | 21 Thank three people you're grateful to and tell them why. | 22 Leave a special note of thanks for your delivery driver. | 23 Learn how to cook something and surprise a loved one. |
| 24 Do an act of kindness to make life easier for someone else. | 25 Give kind comments to as many people as possible today. | 26 Thank people who do things for you but may take for granted. | 27 Tell someone's manager about the good service you received. | 28 Start a meeting with a round table of things to celebrate. | 29 Set yourself a kindness mission. Give your time to help others. | 30 Let someone you love know how much they mean to you. |
| 31 Send a silly .gif to a friend, letting them know you are thinking about them. | 1 | Notes | | | | |