# Action Calendar – Altruistic August 2025

## Altruistic August - Day 1 Friday

Set an intention to be kind to others (and yourself) this month

## Altruistic August - Day 2 Saturday

Send an uplifting message to someone you can't be with

## Altruistic August - Day 3 Sunday

Be kind and supportive with everyone you interact with

## Altruistic August - Day 4 Monday

Ask someone how they feel and really listen to their reply

## Altruistic August - Day 5 Tuesday

Spend time wishing for other people to be happy and well

## Altruistic August - Day 6 Wednesday

Smile and be friendly to the people you see today

## Altruistic August - Day 7 Thursday

Give time to help a project or cause you care about

## Altruistic August - Day 8 Friday

Make some tasty food today for someone who will appreciate it

## Altruistic August - Day 9 Saturday

Thank someone you're grateful to and tell them why

## Altruistic August - Day 10 Sunday

Check in with someone who may be lonely or feeling anxious

## Altruistic August - Day 11 Monday

Share an encouraging news story to inspire others

## Altruistic August - Day 12 Tuesday

Contact a friend to let them know you're thinking of them

## Altruistic August - Day 13 Wednesday

No plans day! Be kind to yourself so you can be kind to others too

## Altruistic August - Day 14 Thursday

Take an action to be kind to nature and care for our planet

## Altruistic August - Day 15 Friday

If someone annoys you, be kind. Imagine how they may be feeling

## Altruistic August - Day 16 Saturday

Make a thoughtful gift as a surprise for someone

## Altruistic August - Day 17 Sunday

Be kind online. Share positive and supportive comments

## Altruistic August - Day 18 Monday

Today do something to make life easier for someone else

## Altruistic August - Day 19 Tuesday

Be thankful for your food and the people who made it possible

## Altruistic August - Day 20 Wednesday

Look for the good in everyone you meet today

## Altruistic August - Day 21 Thursday

Donate unused items, clothes or food to help a local charity

## Altruistic August - Day 22 Friday

Give people the gift of your full attention

## Altruistic August - Day 23 Saturday

Share an article, book or podcast you found helpful

## Altruistic August - Day 24 Sunday

Forgive someone who hurt you in the past

## Altruistic August - Day 25 Monday

Give your time, energy or attention to help someone in need

## Altruistic August - Day 26 Tuesday

Find a way to 'pay it forward' or support a good cause

## Altruistic August - Day 27 Wednesday

Notice when someone is down and try to brighten their day

## Altruistic August - Day 28 Thursday

Have a friendly chat with someone you don't know very well

## Altruistic August - Day 29 Friday

Do something kind to help in your local community

## Altruistic August - Day 30 Saturday

Give away something to help those who don't have as much as you

## Altruistic August - Day 31 Sunday

Share Action for Happiness with other people today