

Altruistic August 2025

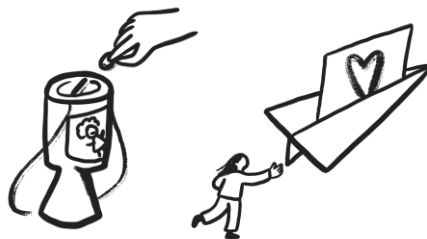
MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

4

Ask someone how they feel and really listen to their reply

5

Spend time wishing for other people to be happy and well

6

Smile and be friendly to the people you see today

7

Give time to help a project or cause you care about

8

Make some tasty food for someone who will appreciate it

9

Thank someone you're grateful to and tell them why

10

Check in with someone who may be lonely or feeling anxious

11

Share an encouraging news story to inspire others

12

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

13

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

14

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

15

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

16

Make a thoughtful gift as a surprise for someone

17

Be kind online. Share positive and supportive comments

18

Today do something to make life easier for someone else

19

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

20

Look for the good in everyone you meet today

21

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

22

Give people the gift of your full attention

23

Share an article, book or podcast you found helpful

24

Forgive someone who hurt you in the past

25

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

26

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

27

Notice when someone is down and try to brighten their day

28

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

29

Do something kind to help in your local community

30

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

31

Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together

