# Action Calendar – Altruistic August 2022

## Altruistic August - Day 1 Monday

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

## Altruistic August - Day 2 Tuesday

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

## Altruistic August - Day 3 Wednesday

Be kind and supportive with everyone you interact with

## Altruistic August - Day 4 Thursday

Ask someone how they feel and really listen to their reply

## Altruistic August - Day 5 Friday

Spend time wishing for other people to be happy and well

## Altruistic August - Day 6 Saturday

Smile and be friendly to the people you see today

## Altruistic August - Day 7 Sunday

Give time to help a project or cause you care about

## Altruistic August - Day 8 Monday

Make some tasty food today for someone who will appreciate it

## Altruistic August - Day 9 Tuesday

Be generous. Feed someone with food, love or kindness today

## Altruistic August - Day 10 Wednesday

Check in with someone who may be lonely or feeling anxious

## Altruistic August - Day 11 Thursday

Share an encouraging news story to inspire others

## Altruistic August - Day 12 Friday

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

## Altruistic August - Day 13 Saturday

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

## Altruistic August - Day 14 Sunday

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

## Altruistic August - Day 15 Monday

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

## Altruistic August - Day 16 Tuesday

Make a thoughtful gift as a surprise for someone

## Altruistic August - Day 17 Wednesday

Be kind online. Share positive and supportive comments

## Altruistic August - Day 18 Thursday

Today do something to make life easier for someone else

## Altruistic August - Day 19 Friday

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

## Altruistic August - Day 20 Saturday

Look for the good in everyone you meet today

## Altruistic August - Day 21 Sunday

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

## Altruistic August - Day 22 Monday

Give people the gift of your full attention

## Altruistic August - Day 23 Tuesday

Share an article, book or podcast you found helpful

## Altruistic August - Day 24 Wednesday

Forgive someone who hurt you in the past

## Altruistic August - Day 25 Thursday

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

## Altruistic August - Day 26 Friday

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

## Altruistic August - Day 27 Saturday

Notice when someone is down and try to brighten their day

## Altruistic August - Day 28 Sunday

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

## Altruistic August - Day 29 Monday

Do something kind to help in your local community

## Altruistic August - Day 30 Tuesday

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

## Altruistic August - Day 31 Wednesday

Share Action for Happiness with other people today