








# DECEMBER 2024

**make  
kindness  
the norm.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																		
1 Get festive and decorate your home for the holidays.	2 Create a kindness tree and ask family and friends to decorate it with ornaments that have notes attached of a kind act they did. 	3 Create handmade holiday gifts for friends, family and coworkers.	4  Send an unexpected, handwritten postcard or letter to a loved one.	5  Talk to the person sitting by themselves at a party.	6 Attend a local event in your local community.	7 Join Soldiers' Angels and send a holiday care package to a deployed service member.																																																																																																		
8 Contribute toys to your local Toys for Tots campaign.	9 Send cheerful holiday cards with inspiring quotes to hospitalized children using the Cardz for Kidz service.	10 Donate to a global charity of your choice.	11 Invite some friends or family members to a fun night out at an Escape Room.	12 Try a new hobby such as beading or jewelry making.	13 Be accountable for everything you do or say today.	14 Donate gently used items (clothing, accessories, household goods) to a local thrift store or charity.																																																																																																		
15 Practice mindfulness today. Take deep breaths.	16  Leave unused coupons next to the corresponding products at the grocery store.	17 Host an ugly sweater day party at work.	18 Help a neighbor shovel snow or with a household chore. 	19 Take time out today to crank up and enjoy your favorite holiday music.	20 Start a staff meeting or your first 10 minutes of class with an inspiring video.	21 Get a few \$5 gift cards to hand out to unsuspecting passersby.																																																																																																		
22 Get some friends together and gather treats for delivery workers with a note of appreciation for all their hard work. 	23 Think of a way you can show courage today and then do it!	24 Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.	25 Gift a loved one an experience rather than a material gift.	26 Self-reflect. Take a long solitary walk in the park or in the woods.	27 Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season. 	28 Be a critical, independent thinker.																																																																																																		
29 Donate towels or blankets to an animal shelter.	30 Respect yourself. Make others aware of your boundaries.	31 Write a list of goals you would like to accomplish in the new year.	<p style="text-align: center;"><b>NOVEMBER</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> <p style="text-align: center;"><b>JANUARY 2025</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table>				S	M	T	W	Th	F	S	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	S	M	T	W	Th	F	S	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8
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