

August 2022

Resilience Calendar

July '22							September '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2					1	2	3
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	29	30	25	26	27	28	29	30	
31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Set an intention to be kind to others (and yourself) this month	2 Send an uplifting message to someone you can't be with	3 Be kind and supportive with everyone you interact with	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 today for someone who will appreciate it	9 Be generous. Feed someone with food, love or kindness today	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 If someone annoys you, be kind. Imagine how they may be feeling
14 Take an action to be kind to nature and care for our planet	15 Be kind to yourself so you can be kind to others too	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 September Calendar with other people today	1	2	3
4	5	THEME: ALTRUISTIC AUGUST "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." ~Princess Diana Contact the Community Chaplain: ebony_only@rush.edu				