December 2022 Resilience Calendar

November '22
S M T W T F S
            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

January '23
S M T W T F S
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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	**1** Spread kindess and share the December calendar with others	**2** Contact someone you can't be with to see how they are	**3** Offer to help someone who is facing difficulties at the moment
4 Support a charity, cause or campaign you really care about	**5** Give a gift to someone who is homeless or feeling lonely	**6** Leave a positive message for someone else to find	**7** Give kind comments to as many people as possible today	**8** Do something helpful for a friend or family member	**9** Notice when you're hard on yourself or others and be kind instead	**10** Listen wholeheartedly to others without judging them
11 Buy an extra item and donate it to a local food bank	**12** Be generous. Feed someone with food, love or kindness today	**13** See how many different people you can smile at today	**14** Share a happy memory or inspiring thought with a loved one	**15** Contact an older neighbor and brighten up their day	**16** Look for something positive to say to everyone you speak to	**17** Give thanks. List the kind things others have done for you
18 Ask for help and let someone else discover the joy of giving	**19** Contact someone who may be alone or feeling isolated	**20** Help others by giving away something that you don't need	**21** Appreciate kindness and thank people who do things for you	**22** Congratulate someone for an achievement that may go unnoticed	**23** Choose to give or receive the gift of forgiveness	**24** Bring joy to others. Share something which made you laugh
25 Treat everyone with kindness today, including yourself!	**26** Get outside. Pick up litter or do something kind for nature	**27** Call a relative who is far away to say hello and have a chat	**28** Be kind to the planet. Eat less meat and use less energy	**29** Turn off digital devices and really listen to people	**30** Let someone know how much you appreciate them and why	**31** Plan some new acts of kindness to do in 2023
1	2	**THEME: DO GOOD DECEMBER**				

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

– Maya Angelou

Contact the Community Chaplain: ebony_only@rush.edu