Year of Kindness

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New Year's Resolution

Fill your year with kindness! Take each month one at a time and focus on a new way you can spread kindness to those around you.

January hand-write a thank you card	**February** buy coffee for the person behind you in line	**March** send a flowers to a friend/coworker
April donate to a charity	**May** call a family member just to say hi	**June** volunteer at an animal shelter, soup kitchen, or nursing home
July let someone go ahead of you in line	**August** leave a larger tip than normal	**September** pick up trash/litter
October compliment a stranger	**November** tell someone how much you appreciate them	**December** give a gift to a child in need

"Kindness is the essence of greatness."
-Joseph B. Wirthlin

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