MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
28	1 START OF WOMEN'S HISTORY MONTH Think of ways you can be more inclusive at work and in your community.	2 Support a local business.	3 Prepare a home cooked meal for your family. Make an extra dish to deliver to person in need.	4 MARCH FORTH AND DO SOMETHING DAY Write an encouraging letter to a deployed or wounded member of the military through Operation Gratitude.	5 EMPLOYEE APPRECIATION DAY Invite a friend to dinner at their favorite restaurant and treat them.	6 **FREE DAY!** How can you go outside your comfort zone today?
7 Make an effort to be more authentic.	8 INTERNATIONAL WOMAN'S DAY Thank a woman who has made your life better.	9 Show your appreciation by doing a household chore that your partner normally does.	10 Bring gently used clothing and footwear to your local donation station.	11 Start an outdoor hobby such as biking or hiking.	12 ALFRED HITCHCOCK DAY Spend the evening binge watching Alfred Hitchcock classics.	13 Visit your favorite quiet place and be present.
14 Apologize to someone with whom you've had a past conflict.	15 Organize a volunteer activity with friends or family.	16 Offer to grocery shop or run an errand for someone going through a difficult time.	17 ST. PATRICK'S DAY Bake some St. Paddy's Day cupcakes.	18 Donate to an animal related cause.	19 Get out and explore! Be a tourist in your own city for a day.	20 1ST DAY OF SPRING Plan a weekend getaway in nature and unplug from all electronic devices.
21 COMMON COURTESY DAY Give up your seat on the train or bus to another.	22 Take fresh baked goods to a police, fire station or hospital with a note of thanks for their service.	23 Expand your mind. Sign up for a free class or workshop to learn something new.	24 Mentor someone this month and share your expertise.	25 Purchase a dozen stem roses and randomly hand them to passersby to brighten their day.	26 MAKE UP YOUR OWN HOLIDAY DAY Create a new fun tradition with family and friends.	27 Create a music playlist that inspires you and put it on your phone to listen to regularly.
28 PALM SUNDAY / PASSOVER Buy some lottery tickets, hand them out to passersby with a smile.	29 Make time to meet a new friend to widen your social circle.	30 TAKE A WALK IN THE PARK DAY Spend time in nature by going on a hike or walk through a botanical park or public garden.	31 Make an appointment with your financial advisor to discuss your portfolio.	1		

FEBRUARY

S	M	T	W	Th	F	S
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	1	2	3	4	5	6
7	8	9	10	11	12	13

APRIL

S	M	T	W	Th	F	S
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	8

Visit www.randomactsofkindness.org for more kindness ideas.

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