

Y U R U A R Y E L 2024

KINDNESS CHALLENGE

“NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED” - AESOP



SUN	MON	TUE	WED	THU	FRI	SAT
				1 █ Start your day by writing three things you are grateful for.	2 █ Say “Good Morning” to the first person you see.	3 █ Listen to someone without judgement.
4 █ Write a handwritten Thank You note to a colleague you appreciate.	5 █ Give yourself a compliment.	6 █ Say “Thank You” and make eye contact with a service worker. Smile!	7 █ Take a break and drink lots of water today.	8 █ Let your WI members know that you’re thankful for all their hard work.	9 █ Enjoy something that makes you smile.	10 █ Find out something new about a fellow WI member today.
11 █ Give a little extra love to your pet(s) today.	12 █ Write a positive Facebook comment for a fellow WI member.	13 █ Give to your community this Tuesday. Donate to local charity.	14 █ Take a moment to reflect on something positive that happened today.	15 █ Write a positive sticky note to someone in your life.	16 █ Take a break and appreciate something around you.	17 █ RANDOM ACTS OF KINDNESS Start your day by writing three things you are grateful for.
18 █ Tune in to all the wonderful things happening around you.	19 █ WI DAY Write a list of three great qualities of WI, and share it on social media.	20 █ Give someone a compliment.	21 █ Frame a photo of a favourite memory. Place it somewhere where you will see it regularly.	22 █ Put on your favourite piece of clothing to make you feel good today.	23 █ Savour each bite of one of your meals today.	24 █ Show kindness in your community. Donate Blood Today!
25 █ Spend today enjoying a quiet time to reflect on your joy.	26 █ Paint rocks with positive words and pictures. Leave them in random gardens or parks.	27 █ Take a walk outside and stretch your legs.	28 █ Wake up early and enjoy the sunrise.	29 █ Make a list of 5 things you love about yourself. Keep that list close to you always.	LEGEND <div style="display: flex; justify-content: space-between;"> █ Kindness for Self: “You can’t pour from an empty cup”. █ Being kind to yourself is key to cultivating the energy to spread kindness in your community. </div> <div style="display: flex; justify-content: space-between;"> █ Kindness for Others: “Kindness is free to give but priceless to receive.” Let’s make kindness the norm. </div>	

Kindness, the quality of being friendly, generous and considerate can help make our community stronger and more connected, and more resilient.

This month, the KINDNESS CHALLENGE Initiative challenges you to be kind to **yourself** and **others** by completing our daily February Kindness Challenge.

Some of the challenges foster gratitude. When we express gratitude—whether silently to ourselves or publicly to another person—it reminds us how much we can give to others. Others foster recognition. Taking the time to recognize amazing qualities in others can cultivate confidence and connection. All foster a kinder community.

We hope you enjoy!

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of GUELPH

This challenge was adapted from the University of Guelph’s Kindness Challenge set for their staff in 2022.