

december

“Pay it Forward” Month



2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
28 November	29	30	1 December Send a handwritten letter to someone who could use a boost.	2 Donate old clothes.	3/4 Donate food or money to a local food bank. Leave a large tip for a helpful server.
5 Donate food and blankets to your local animal shelter.	6 Genuinely compliment someone.	7 Say something nice about one of your coworkers.	8 Send a care package to someone in the military stationed overseas.	9 Pay for someone else's drive-thru order.	10/11 Let someone go ahead of you in line. For every gift you receive, donate something to charity.
12 Appreciate a neighbor's beautiful holiday light display by leaving a handwritten note.	13 Put a treat in the mailbox for your mail carrier.	14 Shop small and local.	15 Donate blood or plasma.	16 Take a homemade meal to a sick or elderly friend or family member.	17/18 Contact a friend you've lost touch with. Write a positive review of a local business.
19 When shopping, hang up the clothes you try on instead of leaving them for an employee to put away.	20 Start a conversation with a stranger.	21 Offer to drive a friend or neighbor to the airport.	22 Pick up trash in your neighborhood.	23 Let cars merge in front of you.	24/25 Give up your seat to someone who looks tired. Hold the door for someone.
26 Offer to watch a neighbor's pet or babysit for free.	27 Leave unused coupons next to corresponding products in the grocery store.	28 Run an errand for a friend or family member who is busy.	29 Put your phone away while in the company of others.	30 Drop treats off at the nurse's station at your local hospital with a note wishing them a happy new year.	31/1 January Practice self-kindness and spend an hour doing something you love today. You deserve it!
2	3	4	5	6	7/8