

PLEASANT GROVE CITY CHOOSE KINDNESS MONTH *February 2020*



Kindness is one of the most forgotten yet most wonderful gifts you can give. It heals wounds and brightens days. It brings us together and reminds us that we are more similar than we are different. Sometimes it is easier to be cold and distant and harder to be warm and vulnerable. **CHOOSE KINDNESS** anyways. Be an encourager. Be someone who helps others. Give love. Have compassion. Stay humble. It is the little acts of kindness that make the biggest difference.

When we are **KIND** it inspires others to be **KIND** and it creates a ripple effect that spreads outwards. Just as a pebble creates waves when dropped in a pond, so acts of **KINDNESS** ripple outwards, touching lives and inspiring **KINDNESS** everywhere the wave goes.

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| FEB | 1 | Serve your next door neighbor today. Drop off cookies, write a note of gratitude or take time to wave! |
| FEB | 2 | Send a text to a friend you have not been in touch with for awhile. Thank them for their friendship. |
| FEB | 3 | Write a thank you note to a Teacher at a PG school who is making a difference. |
| FEB | 4 | Smile at others you see today. Look up and connect with others on purpose. Learn someone's name. |
| FEB | 5 | Post something positive and kind on your social media account today. Use the hashtag #choosekindnessmonth |
| FEB | 6 | Take the time to listen to someone today longer than usual. Offer a hug or embrace to someone. |
| FEB | 7 | Invite someone new to eat lunch with you today. Enlarge your circle and be inclusive. |
| FEB | 8 | Make peace with someone that has hurt you. Apologize and forgive. |
| FEB | 9 | Start up a conversation with a stranger today. Make a new friend. |
| FEB | 10 | Pay for someone behind you in line or pay a genuine compliment to a stranger. |
| FEB | 11 | Take time to say thank you to someone who has helped you in your life. Express sincere gratitude. |

FEB	12	Only speak kindly about others all day long today. Avoid saying things that are not kind.
FEB	13	Praise someone at work or school in front of other people for something they do well.
FEB	14	Do something KIND for someone you know who is going through a difficult time.
FEB	15	Lend an elderly person in our community a hand, or do an act of service for an elderly person in our Community.
FEB	16	Thank our local service people in PG- your mail man, the police officers or fire men in PG.
FEB	17	Hide a note of encouragement in a family members lunch or on their bed.
FEB	18	Call your parents and tell them that you love them. Text them a love note.
FEB	19	Help a family in financial need by cooking them a meal, giving them clothing or something they need.
FEB	20	Talk to the people you encounter today in a way that makes them feel good. Take time to tell them to have a great day.
FEB	21	Encourage someone who may be at a low point in life. Motivate them, love them, take time to serve.
FEB	22	Write a note of gratitude to the Mayor or a city council member, or send them a DM for the good they are doing in our community.
FEB	23	Read a book to a child, or a person living at a care center. Or do something Kind in your home without being asked.
FEB	24	Be kind to yourself today. Take better care of your health. Take time to exercise today.
FEB	25	Say thank you and please as generously and often as possible today.
FEB	26	Tolerate a loved one's behavior a little more than usual. Practice compassion.
FEB	27	Comment something positive on someone else's social media account today. Be genuine.
FEB	28	Post something positive on your own social media account today for other's to read.
FEB	29	Get together with other members of your community for a community service project at the rec center.