

AUGUST 2026

YOUR DAILY KINDNESS PROMPTS

- MON
- TUE
- WED
- THU
- FRI
- SAT
- SUN

					1 ✉ Write a thank-you note	2 🍦 Share a cold treat with a neighbor
3 😊 Give a genuine compliment	4 ☎ Call a friend you miss	5 ✉ Leave a kind note for someone	6 📖 Donate books you've finished	7 😊 Smile at everyone today	8 🛒 Help someone carry groceries	9 📱 Send a positive text to three people
10 🙏 Let someone go ahead in line	11 🔍 Share your favorite recipe	12 🗑 Pick up litter in your neighborhood	13 🧡 Offer to help a coworker	14 ❤ Tell a family member why you love them	15 ★ Leave a positive review for a small business	16 🍲 Cook a meal for someone who needs it
17 🚪 Hold the door open for others	18 👏 Share something you're grateful for	19 🧑 Volunteer your time for a good cause	20 🤗 Give someone a heartfelt hug	21 📝 Write an encouraging note to yourself	22 ☕ Pay for the person behind you	23 🌱 Plant a flower or tend a garden
24 👂 Listen deeply to someone today	25 💛 Forgive someone for something small	26 🎓 Share a skill with someone	27 💖 Donate to a cause you believe in	28 🎤 Send a voice message to brighten someone's day	29 ☕ Invite someone new for coffee	30 🌟 Thank someone who serves your community
31 ✨ Reflect on how kindness changed your month						