

July 2026

YOUR DAILY KINDNESS PROMPTS

MON

TUE

WED

THU

FRI

SAT

SUN

1



Leave a positive review for a local business.

2



Donate items you no longer use.

3



Tell someone what you appreciate about them.

4



Smile at a stranger.

5



Share a treat with someone.

6



Send a handwritten note to an old friend.

7



Give a genuine compliment.

8



Help a neighbor with yard work.

9



Pay for the person behind you in line.

10



Call someone who might be feeling lonely.

11



Let someone merge in traffic.

12



Donate items you no longer need.

13



Let someone merge in traffic.

14



Send a voice message to say hello.

15



Let someone go ahead of you in line.

16



Volunteer an hour for a cause you believe in.

17



Write a thank-you note to someone who helped you.

18



Bring a treat to your coworkers or neighbors.

19



Share a cup of coffee with a friend.

20



Pick up trash in your community.

21



Give someone a heartfelt compliment.

22



Share a favorite book or recipe with a friend.

23



Stand up for someone who needs support.

24



Share a positive memory with a loved one.

25



Send an encouraging text to a friend.

26



Share something new you learned with someone.

27



Hold the door for someone.

28



Pick up litter in your neighborhood.

29



Write a kind note and leave it for someone to find.

30



Thank someone who serves your community.

31



Make a donation to a charity you believe in.