



JOIN US IN THIS 30-DAY CHALLENGE!

Complete one act of kindness every day for 30 days. Each employee who completes all the challenges will get a "Kindness is needed daily" yard sign.

Turn your complete form in to Y @ Work (AP) or HR by Tuesday, November 12, 2024 to get your sign.



Name _____ Building _____

Email/phone _____ SS0 _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<input type="checkbox"/> OCTOBER 10 World Mental Health Day Ask a friend to join in the KIND30 Challenge.	<input type="checkbox"/> 11 Volunteer for a project that's part of 2024 Blue Wave , our annual day of service.	<input type="checkbox"/> 12 Compliment a stranger.
<input type="checkbox"/> 13 Give away something you don't need.	<input type="checkbox"/> 14 Take treats to your team.	<input type="checkbox"/> 15 Offer to help someone struggling with a task.	<input type="checkbox"/> 16 It's Boss's Day! Invite your manager to I&D Day	<input type="checkbox"/> 17 Message a teammate about a job well done.	<input type="checkbox"/> 18 Avoid negative talk.	<input type="checkbox"/> 19 Clean up a mess you didn't make.
<input type="checkbox"/> 20 Focus on the positive.	<input type="checkbox"/> 21 Shout out a teammate during a meeting.	<input type="checkbox"/> 22 Thank someone whose work often goes unnoticed.	<input type="checkbox"/> 23 Post motivational messages on sticky notes in your work area.	<input type="checkbox"/> 24 Spend time with a senior adult and just listen.	<input type="checkbox"/> 25 Share candy or treats with the fire station in your community.	<input type="checkbox"/> 26 Write a list of three things you're thankful for.
<input type="checkbox"/> 27 Put your phone away when you're with friends and family to just listen.	<input type="checkbox"/> 28 Share a useful tip that can help others in their work.	<input type="checkbox"/> 29 Leave a thank you note for the custodial workers in your area.	<input type="checkbox"/> 30 Smile and greet your coworkers warmly.	<input type="checkbox"/> 31 Leave a big tip for your server when you eat out.	<input type="checkbox"/> NOVEMBER 1 Hold the door open for someone else.	<input type="checkbox"/> 2 Make someone laugh.
<input type="checkbox"/> 3 Encourage someone going through a hard time.	<input type="checkbox"/> 4 Give someone your undivided attention.	<input type="checkbox"/> 5 Ask someone to take a walk with you.	<input type="checkbox"/> 6 Ask someone their name and use it when you see them.	<input type="checkbox"/> 7 Run an errand for a friend or family member.	<input type="checkbox"/> 8 Donate games or books to an assisted living facility!	