



KINDNESS CHALLENGE

November 2022

"NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED" —AESOP

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 Start your day by writing a list of three things you are grateful for.	2 Say "Good Morning" to the first person you see.	3 Listen to someone without judgment.	4 Write a handwritten thank you note to a colleague you appreciate.	5 Give yourself a compliment.
6 Say "thank you" and make eye contact with a service worker. Smile!	7 Take a break and drink lots of water today.	8 Find out something new about a coworker today.	9 Enjoy something that makes you smile.	10 Let your colleagues know that you're thankful for all their hard work.	11 Give a little extra love to your pet(s) today.	12 Write a positive LinkedIn review for a coworker.
13 WORLD KINDNESS DAY Nominate a colleague or leader for the November "G" Thanks award	14 Take a moment to reflect on something positive that happened today.	15 Write a positive sticky note to someone in your life.	16 Take a break and appreciate something around you.	17 Send an encouraging email.	18 Tune in to all the wonderful things happening around you.	19 Write a list of three great qualities about someone and give it to them.
20 Give someone a compliment.	21 Frame a photo of a favourite memory. Place it somewhere where you will see it regularly.	22 Put on your favorite piece of clothing to make you feel good today.	23 Savour each bite of one of your meals today.	24 Show kindness to your community: U of G Canadian Blood Services Adoption Day. Donate Today!	25 Spend today enjoying a quiet time to reflect on your joy.	26 Paint rocks with positive words and pictures. Leave them in random gardens.
27 Take a walk outside and stretch your legs.	28 Wake up early and enjoy the sunrise.	29 Give to your community this Tuesday: Donate to United Way	30 Make a list of five things you love about yourself. Keep that list close to you always.	LEGEND  Kindness for Self: "You can't pour from an empty cup". Being kind to yourself is key to cultivating the energy to spread kindness in your community.  Kindness for Others: "Kindness is free to give but priceless to receive." Let's make kindness the norm.		

Kindness, the quality of being friendly, generous, and considerate can help make our community stronger, more connected, and more resilient.

This month, the GREAT Initiative challenges you to focus on being kind to **yourself** and **others** by completing our daily November Kindness Challenge.

Some of the challenges foster gratitude. When we express gratitude—whether silently to ourselves or publicly to another person—it reminds us how much we have in our lives and how much we can give to others. Others foster recognition. Taking the time to recognize amazing qualities in others can cultivate confidence and connection. All foster a kinder community.

We hope you enjoy!

In celebration of World Kindness Day on 11.13.2022, Nominate a colleague or leader for the November "G" Thanks Award

