

2020 JULY



Tap into your empathy this month! Along with "Red, White and Blue" this month, make it "Help, Give, and Come Through" for those who need your kindness and understanding. Share your love, in a true American style.

5 
Do a random act of love & kindness today!

6 
World Kiss Day!
Blow a kiss to a random person you see. Watch their funny reaction! (Do it from 6ft away!)

7 **It's Global Forgiveness Day!**
Forgive someone today!
Forgive yourself today!

8 
Do a random act of love & kindness today!

9 **World Body Painting Day**

Paint a heart or a smile on your face (or face mask)!

10 
It's Teddy Bear Picnic Day!
Buy a teddy bear and give it to someone who could use a friend.

11 
Do a random act of love & kindness today!

12 **Do 12 Minutes of Loving-Kindness Meditation Today!**
May you be safe.
May you be happy.
May you be healthy.
May you live with ease.

13 **International Rock Day**
Paint some words on rocks and leave them in random places!
You Matter Dare Love Rise

14 
Do a random act of love & kindness today!

15 Today is Wackadoodle Wednesday! Do something whacky and wonderful, like giving a stranger a \$5 starbucks gift card!

16 
Start a "beauty log" today! When you believe you are seeing something beautiful in humankind, write it down.

17 
Do a random act of love & kindness today!


18 Today, if you get upset about something ugly on social media, have the courage to post a kinder response.
If they don't take it in a loving-kind way, don't worry. Someone will see it & you'll change the world!

19 **Ice Cream Day!**

Buy someone an ice cream cone today!


20 
Do a random act of love & kindness today!

21  Plan to watch the sunrise tomorrow with your family.
A sunrise does not define itself by yesterday's sunset. Neither should you.


22 
Make today "I want you to be happy" day! Silently say to everyone you see, "I wish you to be happy!"

23 
Do a random act of love & kindness today!

24 **Drive-Through Day**
Pay for the person's meal or coffee behind you!

25 **National Day of the Cowboy!**

Follow the Cowboy Motto: If it's not yours, don't take it. If it's not true, don't say it. If it's not right, don't do it. Yeehaw!

26 
Do a random act of love & kindness today!

27 
Help someone overcome an obstacle. Send an encouraging note!

28 **Make It Tea Tuesday!**
Have a glass of ice tea with a friend - at a social distance!

29 
Do a random act of love & kindness today!

30 
International Day of Friendship!
Become a friend to someone different than you.

31 **It's DREAM BIG Friday!**
Watch MLK's "I have A Dream" Speech! Then plan what you can do to make it a reality.

Love American Style! 