

# Rediscover Health & Wellbeing Challenge

# AUGUST 2023

This month will be a time to **practice acts of kindness**. Extending kindness to those around you helps improve relationships with your coworkers, family, friends, and even strangers you may interact with on a daily basis.

Below you will find a short list of kindness activities. If you complete one, put your initials in the calendar on the date. Or, use the blank lines to fill in your own acts of kindness! The goal this month is to complete 12 acts of kindness. (Total of 12 Points)

## Personal Calendar



**TED TALK**  
The Power of Kindness  
(18 bonus points)

### MY ACTS OF KINDNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		<i>• SPREAD • Kindness</i>

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**Acts of Kindness Ideas:** Prepare a meal for a friend in need; Write a letter to a friend or family member; Bring treats to work to share; Donate to a charity; Pass on a book that you enjoyed to a friend; Buy the person in line behind you their coffee; Give praise to a coworker for a job well done; Leave quarters at the laundromat or vending machine; or leave a generous tip.

**Total Points Earned**

*12 Points + 18 Bonus Points  
(Earn up to 30 points total)*