



# Ursuline Sisters of Youngstown November 2025 Kindness Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Be the smile for someone
2 Encourage someone	3 Refrain from arguing, even if sure you're right	4 Perform a random act of kindness	5 Show patience to a child, spouse, etc.	6 Say a prayer for a co-worker	7 Really listen to someone	8 Think two positive thoughts for every negative one
9 Give someone the benefit of the doubt	10 Compliment a stranger	11 Pray for someone who seems sad	12 Laugh with someone	13 Turn a difficult situation to a positive	14 Pray for someone who is lonely	15 Be the first to say hello
16 Ask someone how their day is going and listen	17 Sit with someone new at lunch	18 Invite a co-worker to share their ideas	19 Say goodnight at the end of the day	20 Help someone to have a happy heart	21 Let someone pull out into traffic	21 Greet a stranger at the grocery store, gas station, etc.
23 Ask someone about a family member	24 Ask someone about their weekend	25 Text a happy message to a friend	26 Send a card to someone for no reason	27 <b>Call an old friend to wish them Happy Thanksgiving</b>	28 Find a positive in the weather	29 Calm someone who is anxious
30 Help someone see tomorrow is a new day!						