#BeKind21

1	Commit to 21-days of kindness and inclusion. Sign up at https://bornthisway.foundation/bekind21/. Use this calendar as a guide.
2	Be kind to others and yourself. Celebrate and learn from our differences.
3	Make gratitude your attitude. Be thankful for at least one thing today and every day.
4	Be kind to yourself. Practice self-care. Take a nap or just stop to breathe.
5	Write a thank you note and leave a treat for someone who makes your life better.
6	Support your local library and independent booksellers.
7	Take time to laugh and make others laugh. Reach out to someone you haven't talked to in a while.
8	Unplug for a day and take a rest from technology. Write an actual letter and mail it.
9	Donate to the Food Bank. Drop off non-perishable items at bins around town through Sept. 21.
10	Get to know your neighbors. Start a Neighborhood Emergency Contact Tree.
11	Perform and act of service to recognize National Day of Service and plan how you will thank a veteran for their service this Veterans' Day.
12	Check-in with an older neighbor, friend, or family member.
13	Compliment one person each place you go. Offer encouragement to someone who needs a lift.
14	Make sure that you and everyone you know is registered to vote on or before November 8, 2022. Your vote counts!
15	Thank our teachers, school administrators and staff.
16	Switch an item that you use to a sustainable version. Be Kind to our planet.
17	Support our local businesses, find new treasures, and support our local nonprofits at the Lafayette Art & Wine Festival.
18	Show respect and compassion to everyone you meet, whether in person or online.
19	Spend 30 minutes picking up trash around your neighborhood, at a nearby park or trail.
20	Donate your gently used clothing and / or household items.
21	Observe World Day of Peace by showing compassion and empathy to everyone, no matter their race, gender, or political views.

BORNTHIS WAY/ FOUNDATION

With kindness one will have inner peace. Through
inner peace, world peace can one day be a reality.
- Dali Lama