

OCTOBER

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Make a positive post on social media	2 Volunteer at an animal shelter	3 Make a thank you card	4 Send someone a nice text
5 Create a gratitude pumpkin	6 Hold the door open for others	7 Pay for someone's coffee	8 Share a book with a friend	9 Spread good news	10 Volunteer at your local library	11 Create and share your fall playlist
12 Rake leaves	13 Pick garbage up	14 Meet someone new	15 Thank the mail carrier	16 Wash someone's car	17 Rake leaves for a neighbor	18 Donate old clothes
19 Give water to delivery drivers	20 Buy someone a treat	21 Donate spare change	22 Make dinner for neighbors	23 Invite a friend to hang out	24 Buy someone groceries	25 Share your favorite podcast
26 Visit a nursing home	27 Volunteer with local organization	28 Share your playlist	29 Donate blood	30 Make someone laugh	31 Carve a pumpkin	