


# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Be kind to yourself - explore a area of town of a new museum	<b>2</b> Share this Random Acts of Civility Calendar	<b>3</b> Say "please" and "thank you"	<b>4</b> Pass along a great book you just finished reading	<b>5</b> Forgive someone a debt - and never bring it up again	<b>6</b> Help others find the positive	<b>7</b> Every time you buy a new item of clothing, give away something
<b>8</b> Be kind to yourself - play	<b>9</b> Help an elderly person with their groceries	<b>10</b> Write a list of things you adore about a friend	<b>11</b> Give someone a hug or a high-five, just because	<b>12</b> Use social media send a compliment to three people	<b>13</b> Write a letter to a child who could use some extra attention	<b>14</b> Organize a game night with friends or family
<b>15</b> Be kind to yourself - spend some time outside	<b>16</b> Fill out a survey and remark on good service	<b>17</b> Visit a nursing home and listen to residents' stories	<b>18</b> Hide a dollar for someone to find in a dollar store	<b>19</b> Turn off your phone and be completely present with your family tonight	<b>20</b> Read a book to a child	<b>21</b> Do a chore your partner dislikes doing without being asked
<b>22</b> Be kind to yourself - take the stairs	<b>23</b> Send flower to a friend for no particular reason	<b>24</b> Express appreciation for a work colleague	<b>25</b> Register as an organ donor	<b>26</b> Be patient with your constituents	<b>27</b> Practice empathy with someone complains	<b>28</b> Take cookies to a neighbor
<b>29</b> Be kind to yourself - let go of grudges	<b>30</b> Call a faraway relative or friend	<b>31</b> Use a reusable water bottle	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	 <p><b>UTAH</b> ASSOCIATION OF <b>COUNTIES</b> <i>The Unifying Voice for County Government</i></p>				