

# KINDNESS

2022

S	M	T	W	T	F	S
						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					

OCTOBER

Do you know your  
Kindness Quotient?

Find out here.....

<https://www.jointhekindnesschallenge.com/assessments>

or

Join the Kindness Challenge  
and improve ***ALL*** your relationships in  
October.