

2024 Love & Kindness

Day 1	1/1	spread it everywhere you go be the example
Day 2	1/2	be extra kind to yourself
Day 3	1/3	treat others like you want to be treated
Day 4	1/4	love unconditionally to all beings
Day 5	1/5	love is love
Day 6	1/6	smiles are contagious
Day 7	1/7	love always wins
Day 8	1/8	3 simple but strong words "I Love You"
Day 9	1/9	love is stronger & more powerful than hate
Day 10	1/10	be kind to all beings
Day 11	1/11	love yourself then you can love others
Day 12	1/12	love everyone even your enemies
Day 13	1/13	love more hate less
Day 14	1/14	kindness comes from compassion & love
Day 15	1/15	fall in love with being humble & kind
Day 16	1/16	just love it's so simple
Day 17	1/17	rise above all negativity with kindness & love
Day 18	1/18	each day is a new chance to be kind
Day 19	1/19	all you need is love
Day 20	1/20	just love because we all need it
Day 21	1/21	a smile shows kindness from your heart
Day 22	1/22	be kind to yourself be your best friend
Day 23	1/23	help others which helps you
Day 24	1/24	love all beings as much as you can
Day 25	1/25	love is healthy hate is toxic
Day 26	1/26	music brings love to your soul
Day 27	1/27	love who you are to become greater at all things
Day 28	1/28	change the world with your love & kindness
Day 29	1/29	love always wins
Day 30	1/30	see all beings through love in your heart
Day 31	1/31	strength through love comes from what is hard
Day 32	2/1	kindness starts with a smile
Day 33	2/2	helping others through loving kindness
Day 34	2/3	I Love You, 3 powerful words
Day 35	2/4	be nice to one person, it can change the world
Day 36	2/5	see things from love not hate
Day 37	2/6	change your perspective see love in all beings
Day 38	2/7	love yourself be your best friend
Day 39	2/8	sing a song of joy from deep in your heart
Day 40	2/9	love wins your heart let it win wars
Day 41	2/10	love helps you feel at home
Day 42	2/11	be truthful in your kindness
Day 43	2/12	love exactly who you are with kindness
Day 44	2/13	being kind is easy begins with a smile
Day 45	2/14	love, love, love today & everyday
Day 46	2/15	love heals through kindness to all beings
Day 47	2/16	togetherness comes from love
Day 48	2/17	love all even your enemy to change the world
Day 49	2/18	laughter brings joy & love to your heart
Day 50	2/19	the best love is lifelong friends
Day 51	2/20	we are all the same, love all unconditionally
Day 52	2/21	love is stronger than hate
Day 53	2/22	be kind to all especially the animals
Day 54	2/23	put your efforts & energy into love not hate
Day 55	2/24	want to be free, find love in your heart
Day 56	2/25	kindness starts with loving thoughts
Day 57	2/26	trust your gut instinct it knows when to love
Day 58	2/27	being kind is being cool
Day 59	2/28	love each day like a spectacular new gift
Day 60	2/29	don't abuse love treat it like a precious gift
Day 61	3/1	be kind in your thoughts even towards your enemy
Day 62	3/2	love everyone including yourself
Day 63	3/3	love is always a winner, hate is a loser
Day 64	3/4	helping others is the kindest thing you can do
Day 65	3/5	believe in love and it will happen
Day 66	3/6	being kind is simple starts with a smile
Day 67	3/7	it's a new day to share some love
Day 68	3/8	Mother Nature gives us so much to love

Day 60	3/9	<i>practice unconditional love for all beings</i>
Day 70	3/10	<i>love isn't complicated when it's from your heart</i>
Day 71	3/11	<i>helping others by being kind helps you</i>
Day 72	3/12	<i>true love is patient and always kind</i>
Day 73	3/13	<i>love is the answer just be receptive</i>
Day 74	3/14	<i>kindness starts with positive thoughts</i>
Day 75	3/15	<i>freedom is found through love not hate</i>
Day 76	3/16	<i>be kind in your thoughts towards all things</i>
Day 77	3/17	<i>hard things teach us resilience through love</i>
Day 78	3/18	<i>see everything through eyes of love</i>
Day 79	3/19	<i>love blossoms just like spring flowers</i>
Day 80	3/20	<i>kindness can help others to be kind</i>
Day 81	3/21	<i>love can change the world</i>
Day 82	3/22	<i>be kind to your true self it's your best friend</i>
Day 83	3/23	<i>love comes in all forms but note love is love</i>
Day 84	3/24	<i>spring has sprung into so much natural love enjoy it</i>
Day 85	3/25	<i>love your work then it won't seem like work</i>
Day 86	3/26	<i>enjoy each moment in love life is so short</i>
Day 87	3/27	<i>see God in everyone with kindness and love</i>
Day 88	3/28	<i>being kind is easy start with yourself</i>
Day 89	3/29	<i>when you feel it from your heart it's real love</i>
Day 90	3/30	<i>forgiveness is kindness is freedom</i>
Day 91	3/31	<i>there's nothing greater than love</i>
Day 92	4/1	<i>be like a child kind and full of love</i>
Day 93	4/2	<i>love begins with kind thoughts</i>
Day 94	4/3	<i>being content is loving where you are now</i>
Day 95	4/4	<i>love is a big feeling of warmth in your heart</i>
Day 96	4/5	<i>bring kindness to all situations</i>
Day 97	4/6	<i>allowing love in your heart is a great peace</i>
Day 98	4/7	<i>be patient with love through kindness</i>
Day 99	4/8	<i>love nature it loves to heal & restore</i>
Day 100	4/9	<i>be proud of yourself with kindness & love</i>
Day 101	4/10	<i>greatness comes from simple things like kindness</i>
Day 102	4/11	<i>unconditional love is so powerful</i>
Day 103	4/12	<i>see yourself in others that's compassion</i>
Day 104	4/13	<i>be kind it's easier than being hateful</i>
Day 105	4/14	<i>love is love kindness is kindness so simple</i>
Day 106	4/15	<i>love always wins over hate</i>
Day 107	4/16	<i>watch flowers bloom in nature that's love</i>
Day 108	4/17	<i>fall in love with kindness</i>
Day 109	4/18	<i>love wins all battles</i>
Day 110	4/19	<i>think of God, God is love</i>
Day 111	4/20	<i>singing is a beautiful expression of love</i>
Day 112	4/21	<i>see yourself in others that's unconditional love</i>
Day 113	4/22	<i>love the simple things in life it's less stressful</i>
Day 114	4/23	<i>be kind especially to yourself</i>
Day 115	4/24	<i>be nice be kind be loving</i>
Day 116	4/25	<i>we are all one through our love</i>
Day 117	4/26	<i>love each new day it's a precious gift</i>
Day 118	4/27	<i>being kind can lighten your soul and expand your heart</i>
Day 119	4/28	<i>shine your light through unconditional love</i>
Day 120	4/29	<i>home is where your heart is & where you find love</i>
Day 121	4/30	<i>be loving & kind like a child</i>
Day 122	5/1	<i>true love is patient and understanding</i>
Day 123	5/2	<i>children are the greatest gift to love</i>
Day 124	5/3	<i>much needed love is the same for all ages</i>
Day 125	5/4	<i>being kind is simple & benefits so many</i>
Day 126	5/5	<i>kindness is a heart full of love & compassion</i>
Day 127	5/6	<i>love is how you win hate will always loose</i>
Day 128	5/7	<i>find love find peace</i>
Day 129	5/8	<i>be a kind loving friend to all beings</i>
Day 130	5/9	<i>love is a powerful emotion use it wisely</i>
Day 131	5/10	<i>love is in your world just open your heart</i>
Day 132	5/11	<i>being kind is showing respect for all beings</i>
Day 133	5/12	<i>a mother's unconditional love is truly a beautiful gift</i>
Day 134	5/13	<i>kindness starts with yourself</i>
Day 135	5/14	<i>love unconditionally even when it's hard</i>
Day 136	5/15	<i>see yourself in others with compassion</i>
Day 137	5/16	<i>love from your heart & share it everywhere</i>

Day 138	5/17	love all serve all
Day 139	5/18	love the simple things it's easier
Day 140	5/19	breathe in love it will keep you humble & kind
Day 141	5/20	being kind to others is simple & easy
Day 142	5/21	everyone needs a little love
Day 143	5/22	be kind we all need it
Day 144	5/23	concentrate in your heart to find peace
Day 145	5/24	love exactly where you are to calm the mind
Day 146	5/25	free your mind with love love love
Day 147	5/26	nature is a wonderful love therapy
Day 148	5/27	freedom can be found through love
Day 149	5/28	human birth one of God's greatest gifts of love
Day 150	5/29	love so much that your heart explodes
Day 151	5/30	wake up early get your day started happy
Day 152	5/31	love exists to make the world a better place
Day 153	6/1	want peace be in love consciousness not hate
Day 154	6/2	be kind everyone needs it
Day 155	6/3	love comes to all when receptive
Day 156	6/4	be in love with everything then life's not so hard
Day 157	6/5	I Love You 3 powerful words we all need to hear
Day 158	6/6	being kind is as simple as a smile
Day 159	6/7	let music bring love to your soul
Day 160	6/8	love a new day as it's a precious gift
Day 161	6/9	there's so much to love in life be receptive
Day 162	6/10	bring love to everything for a better world
Day 163	6/11	kindness is seeing everyone the same
Day 164	6/12	power of love can change the world
Day 165	6/13	love is always sweet & kind
Day 166	6/14	being kind should always be a priority
Day 167	6/15	true love is free share it everywhere
Day 168	6/16	loving fathers are needed & appreciated
Day 169	6/17	being in love is pure joy
Day 170	6/18	pour your love into everything you do
Day 171	6/19	being kind starts with yourself
Day 172	6/20	be simple be kind be loving
Day 173	6/21	helping others helps you
Day 174	6/22	make all things an offering of love
Day 175	6/23	love is free give it everywhere
Day 176	6/24	from your heart smile with kindness
Day 177	6/25	remove hate with unconditional love
Day 178	6/26	take time to be kind it will change the world
Day 179	6/27	love always wins all battles
Day 180	6/28	find peace find love, peace is love
Day 181	6/29	love will set you free, hate prisons you
Day 182	6/30	be your friend, be kind to yourself
Day 183	7/1	nuture relationships with unconditional love
Day 184	7/2	nourish your mind with kind loving thoughts
Day 185	7/3	love begins with forgiveness
Day 186	7/4	being kind is easy
Day 187	7/5	fall in love with being kind to all beings
Day 188	7/6	nuture all beings with bountiful amounts of love
Day 189	7/7	love begins with compassion for all beings
Day 190	7/8	be nice be kind be love
Day 191	7/9	be impressed by kindness of others
Day 192	7/10	life is so hard without love
Day 193	7/11	love is in your heart be quiet & listen
Day 194	7/12	fill your mind with kind loving positive thoughts
Day 195	7/13	home is the love deep in your heart
Day 196	7/14	share love everywhere you go
Day 197	7/15	love the simple things it brings peace
Day 198	7/16	there's a special love deep inside your heart
Day 199	7/17	be kind especially in your thoughts
Day 200	7/18	love is real it exists in all beings
Day 201	7/19	be kind be loving be free of hate
Day 202	7/20	love is the best way to care for people
Day 203	7/21	being kind is better for your health than hate
Day 204	7/22	be in love with stillness it's peaceful
Day 205	7/23	being kind is truly awesome
Day 206	7/24	love all beings with kindness and respect

Day 207	7/25	love is the essence of all beings
Day 208	7/26	there's joy in love embrace it
Day 209	7/27	be patient love comes to all
Day 210	7/28	love is patient love is kind
Day 211	7/29	bring love to every situation & always win
Day 212	7/30	love is free share it everywhere
Day 213	7/31	kindness is easy start with yourself
Day 214	8/1	just love no judgement only love
Day 215	8/2	love and be proud of who you are
Day 216	8/3	there's love everywhere just breathe it in
Day 217	8/4	find love in nature through all of God's beauty
Day 218	8/5	time is precious don't waste it love everyday
Day 219	8/6	be loving & kind it's easy and can change the world
Day 220	8/7	love is the race you should always want to win
Day 221	8/8	be kind you never know what someone is dealing with
Day 222	8/9	it's simple just love everyone
Day 223	8/10	feeding people is the best gift of kindness
Day 224	8/11	heal others with love patience & kindness
Day 225	8/12	love what you have then you won't suffer wanting more
Day 226	8/13	being kind always wins over hate
Day 227	8/14	I Love You 3 simple words use them
Day 228	8/15	find love in all the simple things and you'll find peace
Day 229	8/16	open your heart and love will find the way
Day 230	8/17	rise above all negativity with unconditional love
Day 231	8/18	unconditional love is respectful to all
Day 232	8/19	love yourself love everyone
Day 233	8/20	being kind to all beings can change the world
Day 234	8/21	respect human life with much love
Day 235	8/22	love is the best way to heal all wounds
Day 236	8/23	be respectful to all through kindness
Day 237	8/24	free your mind find peace through love
Day 238	8/25	just love it's simple
Day 239	8/26	being kind to others shows your inner peace
Day 240	8/27	stop fighting start loving
Day 241	8/28	everybody deserves a little kindness
Day 242	8/29	love is the greatest use it wisely for the good of all
Day 243	8/30	be free of worry fear & doubt be love
Day 244	8/31	when life is hard breathe in love
Day 245	9/1	be kind to the animals they need love too
Day 246	9/2	love is patient love is kind
Day 247	9/3	love brings peace to all
Day 248	9/4	sing dance whatever brings love to your heart
Day 249	9/5	all beings need love share it everywhere
Day 250	9/6	love can free you from the bondage of hate
Day 251	9/7	respect all beings with kindness from your heart
Day 252	9/8	love is love just love
Day 253	9/9	show up for people that's love
Day 254	9/10	love your enemy they need it too
Day 255	9/11	love is always the best winner
Day 256	9/12	love is your best friend
Day 257	9/13	love comes from respect for all beings
Day 258	9/14	being kind is easy starts with a smile
Day 259	9/15	love mother nature as she loves us
Day 260	9/16	knowledge is power use it to help all beings
Day 261	9/17	love is patient love is kind
Day 262	9/18	love is the quiet space deep in your heart
Day 263	9/19	be kind to yourself you're extremely valuable
Day 264	9/20	your mind is powerful use it with love
Day 265	9/21	love unconditionally just love
Day 266	9/22	peace is found inside real love
Day 267	9/23	love is spending precious time together
Day 268	9/24	love yourself then you can truly love others
Day 269	9/25	why hate when you can love it's easier
Day 270	9/26	come together and fill the world with love
Day 271	9/27	find inspiration through love for all
Day 272	9/28	joy is love happiness is love it's simple
Day 273	9/29	helping others is the greatest kindness
Day 274	9/30	be happy in love it's your choice
Day 275	10/1	help people no judgement just love

Day 276	10/2	love is so powerful use it wisely
Day 277	10/3	it's time to come together through kindness
Day 278	10/4	hug someone today they need the love
Day 279	10/5	helping others starts with loving thoughts
Day 280	10/6	love everyone the same, unconditionally
Day 281	10/7	love what you do then it won't seem like work
Day 282	10/8	you can change the world with your love
Day 283	10/9	be kind to yourself you're fabulous
Day 284	10/10	love is in the eye of the beholder
Day 285	10/11	being kind makes the world a better place
Day 286	10/12	we are all the same one love
Day 287	10/13	go outside fall in love with nature
Day 288	10/14	compassion is love for all beings
Day 289	10/15	kindness begins with yourself
Day 290	10/16	love is such a big feeling use it wisely
Day 291	10/17	don't forget everyone needs kindness
Day 292	10/18	it's easy just love it's simple be kind
Day 293	10/19	I love you use those words today
Day 294	10/20	peace is found within the love in your heart
Day 295	10/21	helping people in need helps you love more
Day 296	10/22	respect begins with kindness
Day 297	10/23	love is so much better than hate
Day 298	10/24	practice compassion through unconditional love
Day 299	10/25	love always wins
Day 300	10/26	negativity is hate positivity is love
Day 301	10/27	love is free spread it everywhere you go
Day 302	10/28	friendship is love nourish and cherish it
Day 303	10/29	kindness is fabulous make it the new trend
Day 304	10/30	see yourself in others that's compassion love
Day 305	10/31	make love the most beautiful thing you give
Day 306	11/1	be free from negativity think of love
Day 307	11/2	freedom is love freedom is peace
Day 308	11/3	create your own love don't wait on others to do it
Day 309	11/4	be kind in your thoughts makes your mind happy
Day 310	11/5	pride begins when you love who you are
Day 311	11/6	never let anyone take your peace it's all within
Day 312	11/7	a calm mind comes from love in your heart
Day 313	11/8	bring love to every situation
Day 314	11/9	being loving & kind keeps you healthy
Day 315	11/10	we are all the same inside pure love
Day 316	11/11	just love it's free & easy
Day 317	11/12	use your energy to be kind to others
Day 318	11/13	be kind to the animals they need the love
Day 319	11/14	love peace hate war
Day 320	11/15	change angry energy to positivity & love
Day 321	11/16	believe in love and it will happen
Day 322	11/17	suffering happens in many ways be kind it helps all
Day 323	11/18	leave every situation better with your love
Day 324	11/19	someone needs your kindness share it with love
Day 325	11/20	helping others with your kindness helps you
Day 326	11/21	it's easy to love, harder to hate
Day 327	11/22	love yourself you're beautiful and perfect
Day 328	11/23	strength & love all dwell in your heart
Day 329	11/24	replace fear & worry with faith & love
Day 330	11/25	love unconditionally without limits
Day 331	11/26	breathe in love to soothe your mind
Day 332	11/27	love always wins
Day 333	11/28	give thanks for everything even when it's hard
Day 334	11/29	be loving awareness in all things
Day 335	11/30	to succeed in life be kind be love be happy
Day 336	12/1	be kind to yourself you're important
Day 337	12/2	stop fighting just love
Day 338	12/3	there is kindness in the world starts with you
Day 339	12/4	love is the sweetness that's in your heart
Day 340	12/5	love is healthy hate is disease
Day 341	12/6	love exactly where you are to find peace
Day 342	12/7	love everyone even your enemy
Day 343	12/8	love is the best holiday celebration
Day 344	12/9	the best gift is your love & kindness

Day 345	12/10	help promote calm with your kindness
Day 346	12/11	kindness will change the world
Day 347	12/12	be simple just love
Day 348	12/13	find peace in your heart love dwells there
Day 349	12/14	believe in love it's always in your heart
Day 350	12/15	love is strong and powerful use it wisely
Day 351	12/16	be kind in your actions and your thoughts
Day 352	12/17	see yourself in others that's unconditional love
Day 353	12/18	love is patient love is kind
Day 354	12/19	true wealth is what's inside your loving heart
Day 355	12/20	kindness is the best gift
Day 356	12/21	today is the day to love don't wait any longer
Day 357	12/22	holidays are for being kind to all beings
Day 358	12/23	be free of hate fill your heart with love
Day 359	12/24	you never know what people are going through be kind
Day 360	12/25	love is the greatest gift
Day 361	12/26	love is the better choice
Day 362	12/27	be kind to yourself you're very important
Day 363	12/28	being kind brings peace to the world
Day 364	12/29	everyone needs love share it freely
Day 365	12/30	find joy in love not stress
Day 366	12/31	blessings of a new year to love all