

# JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>1</b></p> <p>Start a jar of positive quotes / aspirations</p> <p><b>New Year's Day</b></p>	<p><b>2</b></p> <p>Write a letter to your future self</p> 	<p><b>3</b></p> <p>Schedule a check-up with your doctor or dentist</p>	<p><b>4</b></p> <p>Join the RAKtivist Facebook group &amp; add kindness to your social feed</p> 	<p><b>5</b></p> <p>Donate stuffed animals to police / fire departments to give to scared kids during emergencies</p>	<p><b>6</b></p> <p>Treat yourself to lunch</p>	<p><b>7</b></p> <p>Send coloring books / crayons / markers to a children's hospital</p>
<p><b>8</b></p> <p>Surprise a neighbor with freshly baked cookies or treats</p>	<p><b>9</b></p> <p>Tape coins or hide small toys around a playground for kids to find</p> 	<p><b>10</b></p> <p>Decorate your neighborhood sidewalks with positive chalk art</p>	<p><b>11</b></p> <p>Put a surprise in a mailbox</p> 	<p><b>12</b></p> <p>Write a thank you note to one of your kind neighbors</p>	<p><b>13</b></p> <p>Pick up trash or litter around town</p> 	<p><b>14</b></p> <p>Wake up early to appreciate the sunrise</p> 
<p><b>15</b></p> <p>Share an inspiring quote or story with someone who motivates you</p> <p><b>Martin Luther King Day</b></p>	<p><b>16</b></p> <p>Write positive comments on a mirror with a dry erase marker</p>	<p><b>17</b></p> <p>Donate old towels or blankets to an animal shelter</p> 	<p><b>18</b></p> <p>Send a good morning text to someone</p>	<p><b>19</b></p> <p>If allowed, take your dog to a senior center, hospital, shelter or group home</p>	<p><b>20</b></p> <p>Volunteer for a local charity or donate to a fundraiser</p> <p><b>World Day of Social Justice</b></p>	<p><b>21</b></p> <p>Forgive someone and never bring up the issue again</p>
<p><b>22</b></p> <p>Host a Thank You breakfast for your school's teachers this week</p>	<p><b>23</b></p> <p>Take a moment to practice mindfulness</p>	<p><b>24</b></p> <p>Compliment the first three people you talk to today</p> <p><b>Compliment Day</b></p>	<p><b>25</b></p> <p>During the morning rush, give out hot chocolate or hold up signs spreading positivity</p>	<p><b>26</b></p> <p>Donate tissues or other items to a classroom</p> 	<p><b>27</b></p> <p>Write a letter to an elder telling them about yourself - include something to make them smile</p>	<p><b>28</b></p> <p>Make a playlist on Spotify for someone who is going through a tough time</p>
<p><b>29</b></p> <p>Do something that you love today</p> 	<p><b>30</b></p> <p>Sign up to read at your local children's hospital or senior center</p>	<p><b>31</b></p> <p>Shovel a neighbor's driveway or offer to help with yardwork</p>				

KIND ACTS COMPLETED: \_\_\_\_ / 31

pass it on

