

JANUARY 2018

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

KIND ACTS COMPLETED: ____ / 31

pass it on

