



“Do things for people not because of who they are or what they do in return, but because of who you are.”
— HAROLD S. KUSHNER

JANUARY

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Be kind to yourself. Enjoy a treat you love, exercise, or do something you love but never have time to do. 1	Donate shoes, boots and warm clothes to a homeless shelter. 2	Place some painted, colorful rocks with positive/inspiring messages throughout your community. 3	Check in on an elderly neighbor and/or assist them with errands / grocery shopping. 4
Babysit, dog sit, or cat sit for free. 5	Hide a love note for your partner in their bag or wallet for them to find during their workday. 6	Send cheerful cards to lonely seniors. 7	Make an appointment for a checkup with your doctor and / or dentist. 8	Contribute a small sum of money to grant a wish of a foster youth. 9	Invite your neighbors over for dinner. 10	Spend a night out with friends at a comedy club. 11
Treat yourself to a bubble bath surrounded by candles and relaxing music. 12	Surprise the office with delicious donuts or cupcakes. 13	Expand your mind. Sign up for a free class or workshop to learn something new. 14	Send a friend a book or playlist you think they would enjoy. 15	Leave a cheerful, inspiring note on three random cars. 16	Help a neighbor shovel snow or with a household chore. 17	Plan one big new adventure this year; go skydiving, swim with the dolphins, etc. 18
Plan to run or walk a 5K for a good cause. 19	Tap into your creative side! Write, paint, sing or dance. 20	Find time to read an inspiring book. 21	Share your expertise and mentor someone. 22	Write a letter to your younger self and forgive past regrets. 23	NATIONAL COMPLIMENT DAY Compliment the first three people you see today. 24	Plan in your mind what your perfect day would be and then live it. 25
Wake up early to appreciate the sunrise. 26	Offer hot chocolate to crossing guards, police officers or others who work in cold environments. 27	Send an unexpected, handwritten postcard or letter to a loved one. 28	FREE DAY! Find a way to show someone you care. 28	Plan a neighborhood clean up day with neighbors to pick up litter. 30	Tape quarters to the vending machine— and don't forget to leave a little note with a positive message. 31	