

JANUARY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		<p>1</p> <p>Write a list of your hopes & goals for 2019</p> <p>New Year's Day</p> 	<p>2</p> <p>Call your parents, grandparents or an older relative just to say hi</p> 	<p>3</p> <p>Make a donation to a cause you care about online</p>	<p>4</p> <p>Take extra winter hats & gloves to a school for children who don't have them</p>	<p>5</p> <p>Instead of asking for birthday presents this year, ask friends & family for donations</p>
<p>6</p> <p>Start learning a new skill - something you've always wanted to try but haven't</p>	<p>7</p> <p>Donate tissues & hand sanitizer to a school to help combat flu season</p> 	<p>8</p> <p>Next time someone is rude to you, don't get upset: try to understand their point of view</p>	<p>9</p> <p>Surprise a friend or family member with hot chocolate</p> 	<p>10</p> <p>Smile at everyone you see all day long</p> 	<p>11</p> <p>Research your family tree & share what you learned with other relatives</p>	<p>12</p> <p>Go to a movie you've been wanting to see by yourself</p> 
<p>13</p> <p>Make a thank you card for your local firefighters</p> 	<p>14</p> <p>Share your favorite recipe with a neighbor</p>	<p>15</p> <p>Leave extra stamps by the machine at your local post office</p> 	<p>16</p> <p>Donate coloring books & crayons to a children's hospital</p>	<p>17</p> <p>Remember to turn off the water while brushing your teeth</p> 	<p>18</p> <p>Send a print of a picture you took of a friend or their child</p>	<p>19</p> <p>Make a bucket list & start by completing one thing on it by the end of the day</p>
<p>20</p> <p>Respectfully write about a social cause you care about & post it online</p> <p>Day of Social Justice</p>	<p>21</p> <p>Learn something new about someone different from you</p> <p>Martin Luther King Day</p>	<p>22</p> <p>Video chat with a relative you haven't seen in awhile</p>	<p>23</p> <p>Help someone brainstorm for an upcoming project</p> 	<p>24</p> <p>Compliment ten people before noon (on their clothes, smile, anything you can think of!)</p>	<p>25</p> <p>Do an act of kindness for someone & encourage them to pay it forward</p>	<p>26</p> <p>Buy a box of your friend's favorite flavor of Girl Scout Cookies & give it to them</p>
<p>27</p> <p>Hang clothes to dry instead of using the dryer</p> 	<p>28</p> <p>Bring your teacher, boss, or coworker coffee in the morning</p>	<p>29</p> <p>Make cards for the residents at your local nursing home</p> 	<p>30</p> <p>Be polite to telemarketers (not just today, but every day)</p>	<p>31</p> <p>Pack someone a lunch for the day</p> 	<p><i>Pay it forward</i></p>	