

# SEPTEMBER 2019

## SUNDAY

**1**  
Put a couple quarters in an expired parking meter

**8**  
Say something encouraging to a parent whose child is throwing a tantrum in public

**15**  
Place little containers of bird seed at the park for strangers to feed the birds

**22**  
  
Work a shift in a soup kitchen

**29**  
Watch a documentary about something you don't know much about

## MONDAY

**2**  
Take a moment to kick back, relax, and appreciate the little things in life  
**Labor Day**

**9**  
Give a heartfelt note to your boss or mentor  


**16**  
Frame a friend's favorite quote & give it to them

**23**  
Set an alarm on your phone to remind you to do (at least!) one RAK a day

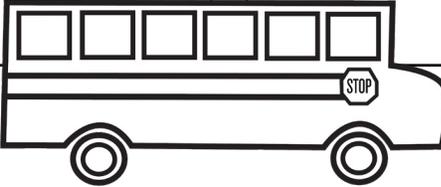
**30**  
Teach someone how to make your favorite healthy meal  
**Rosh Hashanah**

## TUESDAY

**3**  
Reconnect with an old friend on social media  


**10**  
Donate new pajamas to children in foster care  


**17**  
Stick up for someone when they are being gossiped about

**24**  
Wave at kids riding a school bus  


## WEDNESDAY

**4**  
  
Keep a pen on hand & give it to the first person that asks to borrow it

**11**  
Make a card for someone who just underwent surgery  


**18**  
Thank the maintenance and cafeteria staff at your school or office

**25**  
Introduce yourself to someone new

## THURSDAY

**5**  
Donate to a friend's favorite charity in their name  
**Intl. Day of Charity**

**12**  
Send an encouraging email to a friend or coworker  
**Day of Encouragement**

**19**  
Give someone an unexpected compliment  


**26**  
Give a plant to your teacher, boss or coworker  


## FRIDAY

**6**  
Leave a kind note for a stranger in a library book  
**Read a Book Day**

**13**  
  
Teach someone a new trick about using the Internet

**20**  
Write positive messages & put them in pants pockets at a clothing store

**27**  
Don't speak over other people

## SATURDAY

**7**  
Ask someone under a lot of pressure how you can help  


**14**  
  
Clip or print inspirational news stories to leave in hospital waiting rooms

**21**  
Forgive someone that you've been holding a grudge against  
**Intl. Day of Peace**

**28**  
Deliver treats or flowers to a neighbor's house  
**Good Neighbor Day**

