**NOVEMBER 2019**

**SUNDAY**
- Get some fresh air & exercise by trying a new outdoor activity
  - Daylight Savings

**MONDAY**
- Send flowers anonymously to a receptionist

**TUESDAY**
- Bring an extra snack to give away before you leave your house

**WEDNESDAY**
- Tell someone why they are special to you

**THURSDAY**
- Spend an hour doing something to reduce the stress in your life
  - Stress Awareness Day

**FRIDAY**
- Buy discount Halloween candy to give to kids who didn't get the chance to trick-or-treat

**SATURDAY**
- Celebrate “RAK Friday” instead of Black Friday & do as many acts of kindness as you can

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**Gratitude**