

# NOVEMBER 2019

SUNDAY



3

Get some fresh air & exercise by trying a new outdoor activity

**Daylight Savings**

MONDAY



4

Send flowers anonymously to a receptionist

TUESDAY

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



WEDNESDAY



6

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

1

SATURDAY

Become CPR certified so you can be prepared in the event of an emergency

2

10

Write positive messages on bathroom mirrors with a dry erase marker

**Intl. Students Day**

11

Make homemade cards for a retirement community

**Veterans Day**

12



Donate canned goods to a food bank

13

Fill a jar with candy & compliments to give to a friend or family member

**World Kindness Day**

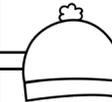
14

Hang a positive note or news clipping on a bulletin board



15

Research different charities & donate to your favorite



16

Volunteer to play board games at your local nursing home

**Intl. Day for Tolerance**

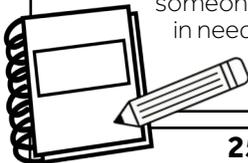
17

Proofread a college-bound student's application essay

**Intl. Students Day**

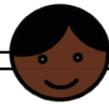
18

Buy a warm meal for someone in need



19

Hand out notes with compliments on them to friends



20

Buy a bunch of balloons & hand them out to random kids you see around town

21

Say "hello" to someone you don't know

**World Hello Day**

22

Leave hats, gloves, and/or blankets on a park bench for strangers in need

23

Write a nice comment on your friend's blog or social media post



24

Ask a senior citizen to tell you their life story

**Day of Listening**

25

Start a gratitude journal & begin by writing 10 things you love about your life

26

Hold your tongue - don't correct someone even if you think they're wrong

27

Invite someone who will be alone tomorrow to come to your home for dinner

28

Reflect on all the good people / things in your life & say thank you as much as possible

**Thanksgiving**

29

Celebrate "RAK Friday" instead of Black Friday & do as many acts of kindness as you can

30

Do 35 jumping jacks right when you wake up to get your adrenaline pumping

Gratitude