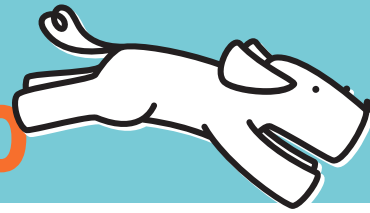


JANUARY 2020



RANDOM ACTS OF KINDNESS FOUNDATION™

www.randomactsofkindness.org

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<p>DECEMBER</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p>FEBRUARY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> </table>	S	M	T	W	Th	F	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	<p>NEW YEAR'S EVE</p> <p>31</p>	<p>NEW YEAR'S DAY</p> <p>1</p> <p>Make a list of goals you would like to accomplish in the New Year.</p>	<p>2</p> <p>Donate shoes, boots and warm clothes to a homeless shelter.</p>	<p>3</p> <p>Hide a love note for your partner in their bag or wallet for them to find during their workday.</p>	<p>4</p> <p>Spend a night out with friends at a comedy club.</p>
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<p>5</p> <p>Wake up early to appreciate the sunrise.</p>	<p>6</p> <p>Surprise the office with delicious donuts or cupcakes.</p>	<p>7</p> <p>Check in on an elderly neighbor and/or assist them with errands / grocery shopping.</p>	<p>8</p> <p>Join the "You Matter Marathon" and pass your "You Matter" cards along to strangers, or leave in public places: bkind.ly/you-matter</p>	<p>9</p> <p>Place some painted, colorful rocks with positive/inspiring messages throughout your community.</p>	<p>10</p> <p>Plan to run or walk a 5K for a good cause.</p>	<p>11</p> <p>FREE DAY! Find a way to show someone you care.</p>																																																																																				
<p>12</p> <p>Plan one big new adventure this year; go skydiving, swim with the dolphins, etc.</p>	<p>13</p> <p>Send cheerful cards to lonely seniors: bkind.ly/cards</p>	<p>14</p> <p>Help a neighbor shovel snow or with a household chore.</p>	<p>15</p> <p>Make an appointment for a checkup with your doctor and / or dentist.</p>	<p>16</p> <p>Contribute a small sum of money to grant a wish of a foster youth: bkind.ly/wish</p>	<p>17</p> <p>Invite your neighbors over for dinner.</p>	<p>18</p> <p>Tap into your creative side! Write, paint, sing or dance.</p>																																																																																				
<p>19</p> <p>Treat yourself to a bubble bath surrounded by candles and relaxing music.</p>	<p>20</p> <p>Expand your mind. Sign up for a free class or workshop to learn something new.</p>	<p>21</p> <p>Send a friend a book or playlist you think they would enjoy.</p>	<p>22</p> <p>Leave a cheerful, inspiring note on three random cars.</p>	<p>23</p> <p>Plan in your mind what your perfect day would be and then live it.</p>	<p>24</p> <p>NATIONAL COMPLIMENT DAY</p> <p>Compliment the first three people you see today.</p>	<p>25</p> <p>Babysit, dog sit, or cat sit for free.</p>																																																																																				
<p>26</p> <p>Find time to read an inspiring book.</p>	<p>27</p> <p>Share your expertise and mentor someone.</p>	<p>28</p> <p>Write a letter to your younger self and forgive past regrets.</p>	<p>29</p> <p>Plan a neighborhood clean up day with neighbors to pick up litter.</p>	<p>30</p> <p>Send an unexpected, handwritten postcard or letter to a loved one.</p>	<p>31</p> <p>Offer hot chocolate to crossing guards, police officers or others who work in cold environments.</p>	<p>1</p>																																																																																				