

JANUARY 2023

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SUN	MON	TUE	WED	THU	FRI	SAT
1 Tap into your creative side! Write, paint, sing, or dance.	2 Empty and read the notes in the gratitude jar you collected this month.	3 Host a pizza lunch party at work and invite your co-workers.	4 Expand your mind. Sign up for a free class or workshop to learn something new.	5 Show your body some gratitude by eating a healthy meal today.	6 Plan a spontaneous date with your partner doing things you both love.	7 Create a gratitude jar. Each day fill it with notes of things you are grateful for.
8 Wake up early to appreciate the sunrise.	9 Start a healthy routine at work, such as a daily walk. Invite your co-workers.	10 Participate in a coat drive and put encouraging notes in the coat pockets.	11 Offer free hot chocolate and/or hand warmers to those working in the cold.	12 Take a friend or family member on a spontaneous adventure.	13 Paint some rocks vibrant colors with positive/inspiring messages and place throughout your community.	14 Treat yourself to a bubble bath surrounded by candles and relaxing music.
15 Listen to a guided meditation.	16 Replace your light bulbs with energy-efficient ones and hand out a few for friends to use.	17 Sell old items online (Ebay, for example) and donate the profits to a good cause.	18 Resolve to be less judgmental in your day-to-day life.	19 Make a list of goals to accomplish this new year that will help make your dreams come true.	20 Kick off the new year with a fresh start by organizing and cleaning your home.	21 Purchase groceries for the person in front of you in the express line.
22 Spend time with your family or friends playing board games.	23 FREE DAY! Self-reflect about how you can be a person of integrity.	24 Make an appointment for an annual checkup with your doctor and dentist.	25 Invite some close friends over for popcorn and movie night.	26 Create a care bag for an unhoused person with some gloves, scarf, treats, hygiene products and a gift card.	27 Plan one big new adventure this year, go skydiving, swim with the dolphins, etc.	28 Get Involved! Sign up to join a community-related cause.
29 Plan a brunch with your friends.	30 Call a friend or relative and make them laugh out loud.	31 Go outside your comfort zone today.	1	<p style="text-align: center;"> DECEMBER S M T W Th F S 27 28 29 30 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 1 2 3 4 5 6 7 </p> <p style="text-align: center;"> FEBRUARY S M T W Th F S 29 30 31 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 1 2 3 4 5 6 7 8 9 10 11 </p>		

FEBRUARY 2023

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			Follow @RAKFoundation on Instagram to kind-ify your social media feed.	Leave small containers of bird seed near a park or lake for other people to feed the birds.	Leave a small gift or note of thanks addressed to your mail carrier in the mailbox.	Play Cupid. Introduce two single people who you think would make a great match.																																																																																																																
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Host a fun Super Bowl get together with friends.	Write encouraging letters to strangers who need them. Google "The World Needs More Love Letters" for details.	Plan to send an anonymous bouquet of flowers or candy to your local nursing home.	Show appreciation! Bring a variety of bagels to work for your team to enjoy.	Donate interview appropriate clothes to disadvantaged individuals entering the workplace at DressForSuccess.org.	Host a dinner with acquaintances and invite someone new to the group.	FREE DAY! Find a way to show someone you care.																																																																																																																
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Bring a pot of tea over to an elderly neighbor's home to enjoy over a long chat.	Plan a neighborhood cleanup day with neighbors to pick up litter.	Buy flowers or a new plant for your office space and an extra one for a co-worker.	Collect baby clothes and supplies and donate to new parents who need them.	Give out sincere compliments today.	Learn something new. Take a dance or exercise class.	Read a bedtime story to the child in your life.																																																																																																																
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Practice a moment of self-reflection today.	Purchase coffee for your team members and write words of affirmation on the lids.	Spend an afternoon at a cultural museum.																																																																																																																				

MARCH 2023

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			1 Become a volunteer teen-crisis counselor.	2 Google "You Matter Marathon" and sign up to pass your "You Matter" cards along to strangers, or leave in public places.	3 Send your employees a sincere note of thanks for their hard work along with a gift card.	4 Discover your family tree and share your findings with your relatives.
5 Plan a weekend getaway in nature and unplug from all electronic devices.	6 Use less plastic and be more conscious about recycling.	7 Show your love! Send your mother or maternal figure a large bouquet of flowers or thoughtful gift.	8 Forgive an old grudge.	9 Pack extra lunches and hand them out to those in need.	10 Take the children in your life out for a fun afternoon in an amusement park.	11 Relax by planting new flowers in your garden.
12 Help a stranger in need (for example, help fix a flat tire).	13 Everyone is important. Learn the names of your receptionist, security guard, and custodians.	14 Pick a street and write "Have a great day!" messages on every driveway in colorful chalk.	15 Contribute a small sum of money to grant a wish of a foster youth.	16 Host a potluck dinner and suggest guests bring a dish from their original or adoptive culture.	17 Encourage a young person to pursue their dreams and offer help to achieve their goals.	18 Take a hot bath. Soak in a hot tub, preferably with epsom salt and aromatherapy oils.
19 Surprise your local market's cashier with a flower bouquet and thank them for all their hard work.	20 Spend the afternoon reading some poetry or a novel from your favorite author.	21 Listen to an upbeat playlist while you're getting ready or on your commute to work.	22 Put coins in an expired parking meter.	23 Do an act of kindness for someone and encourage them to pay it forward.	24 Invite a small group of friends out for a fun night of bowling.	25 Create your own fun tradition with family or friends.
26 Make an effort to be more authentic.	27 Create a kindness idea basket for co-workers to add to and grab ideas from.	28 Babysit, dog sit, or cat sit for free.	29 Go to a park and spend a relaxing afternoon taking nature photos.	30 Organize a volunteer activity with friends.	31 FREE DAY! Live your passion.	

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2 Do something childlike today such as, using the swing or riding a roller coaster.	3 Buy some lottery tickets and hand them out to passersby with a smile, asking them to try their luck.	4 Hand out free umbrellas to strangers in the street on a rainy day.	5 Leave an inspiring poem or painting somewhere in the community for someone to randomly discover.	6 Make a conscious effort to hydrate, exercise, and eat better more often.	7 Visit your favorite quiet place and be present.	8 Download a meditation app and try it out tonight before bed.																																																																																																		
9 Call your siblings and tell them you appreciate them.	10 Take old blankets and towels to a local animal shelter.	11 Treat everyone you meet today with respect.	12 Invite some family or friends over for a fun game of scrabble or chess.	13 Be present. Lie in the grass and stare up at the sky.	14 Support your local art community by making a purchase from a local artist.	15 Send dessert anonymously to another table in a restaurant.																																																																																																		
16 Take today to kick back, relax, and reflect on what's important in life.	17 Wake up early to exercise before going to work.	18 Send cheerful cards to lonely seniors.	19 FREE DAY! Show compassion in one way today.	20 Leave dollar bills on the shelves at a dollar store with a note that says "treat yourself to anything in the store, on me."	21 Reduce your carbon footprint! Walk or bike to work.	22 Be kind to people both online and offline; cyber-bullying hurts too.																																																																																																		
23 Check in with a friend or family member to make sure they're doing well.	24 Bring in treats to add to your office pantry for your team members to enjoy.	25 Leave a note on the public restroom mirror that says "you look great!"	26 Email a joke or funny video to a group of friends.	27 Plan a special day out with your child, niece or nephew.	28 Blast some music and dance like you just don't care.	29 Attempt to be more honest in your relationships.																																																																																																		
30 Plan your perfect day and go out and live it.	1	2	3	<p style="text-align: center;">MARCH</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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> </table> <p style="text-align: center;">MAY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>			S	M	T	W	Th	F	S	26	27	28	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	1	2	3	4	5	6	7	8	S	M	T	W	Th	F	S	30	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	1	2	3	4	5	6	7	8	9	10
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MAY 2023

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30	1 Write a sweet, encouraging note and put it in your child's lunch box or under their pillow.	2 Pay the toll for the driver behind you.	3 Treat the children in your life to a sci-fi movie today.	4 Plan a family camping trip	5 Invite friends over for dinner to celebrate Mexican culture and heritage today.	6 Buy the child in your life their favorite comic book.
7 Gift your mother a scrapbook of shared favorite family memories.	8 Organize a "Charity Day" at work.	9 Slip a \$10 bill in with a random box of diapers at the store.	10 Eat what you want today and savor every bite.	11 Take flowers or treats to the nurses' station at your nearest hospital.	12 Spend time in nature and recharge by going on a hike.	13 Watch the sunset on a hammock with someone special.
14 Deliver homemade cookies to a neighbor.	15 FREE DAY! Get creative! Make up your own random act of kindness today!	16 Donate to an endangered species charity.	17 Show your appreciation by doing a household chore that your partner normally does.	18 Bring gently used clothing and footwear to your local donation station.	19 Tip your waitstaff generously with a note thanking them for their great service.	20 Set aside some time today for self-care.
21 Commit to learning how to play a new musical instrument this year.	22 Use reusable grocery bags and hand a few extras out to other shoppers.	23 Plan to attend a cultural event in your community.	24 Take a long walk on the beach or a quiet trail on a sunny day.	25 Put together a self-care basket for a stressed-out friend or relative.	26 Purchase small sunscreen bottles and pass them out to friends/ coworkers to use this summer.	27 Invite a friend, neighbor, or co-worker home for dinner.
28 Shop small. Support your local mom and pop shops.	29 Have a yard sale and donate the profits to your favorite charity.	30 Volunteer with your local fire station or rescue team.	31 Ask your neighbors if they need you to pick up groceries while you shop.	<p style="text-align: center;"> APRIL S M T W Th F S 26 27 28 29 30 31 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 1 2 3 4 5 6 </p> <p style="text-align: center;"> JUNE S M T W Th F S 28 29 30 31 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 1 2 3 4 5 6 7 8 </p>		

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25	26	27	28	29	30	1 FREE DAY! Do something creative!																																																																																																		
2 Wear an outfit that makes you feel great.	3 Get together with family and friends for a festive Fourth of July picnic.	4 Slow down so someone can merge in front of you in traffic.	5 Volunteer at a local animal shelter.	6 Donate your old cell phone or other electronics to charity.	7 Reconnect with a long-lost friend or family member.	8 Treat yourself to a session of acupuncture or a massage.																																																																																																		
9 Be accountable for everything you do or say today.	10 Get to work early and put a special treat on each team member's desk as a nice surprise.	11 Listen to an inspirational podcast or TED talk.	12 Treat a good friend to a sci-fi movie.	13 Leave a basket of snacks and bottled water by your front door at home and at work for delivery workers.	14 Keep in touch with your friends! Call them or suggest meeting for coffee.	15 Keep a special journal of inspiring quotes.																																																																																																		
16 Take the child in your life out for an ice cream treat today.	17 Mentor someone this month and share your expertise.	18 Change three small things about your routine that will help the environment.	19 Listen intently and don't interrupt.	20 Grow your hair out with the intention to donate to Locks of Love. (10" minimum)	21 Plan a fun night out at a comedy club with close friends.	22 Let your spouse sleep in when it's his/her turn to get up early with the kids.																																																																																																		
23 Visit your parents and make them dinner.	24 Write a list of things you love about someone and give it to them.	25 Send your aunt or uncle a thoughtful card.	26 Tape bus fare to a bus stop for someone in need.	27 Give away one of your possessions for free to someone who needs it more.	28 Do some sort of exercise that you love; ride a bike, walk, swim, or yoga. Whatever it is, do it for you.	29 Attend a veteran's funeral who does not have family.																																																																																																		
30 Take a moment to recognize your achievements no matter how small or large.	31 Make a bucket list and start by completing one thing on it by the end of next month.	1	2	<p style="text-align: center;">JUNE</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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> </table> <p style="text-align: center;">AUGUST</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table>			S	M	T	W	Th	F	S	28	29	30	31	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	1	2	3	4	5	6	7	8	S	M	T	W	Th	F	S	30	31	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	1	2	3	4	5	6	7	8	9
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		Help someone who is carrying a heavy load.	Name a star after someone.	Build a "Little Free Library" box in your yard for neighbors to borrow from or donate to.	Anonymously pay for someone else's bill at a café or restaurant.	Shop at your local farmer's market.																																																																																																																
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FREE DAY! How can you show respect today?	When paying bills, add a fun message along with your payments.	Send a friend a book you think they might enjoy.	Ride a bicycle! Spend the day riding with friends or family in a park or on a scenic bike path.	Spend the afternoon going to the zoo with the children in your life.	Tape coins or hide small toys around a playground for kids to find.	Give your partner more affection and attention today.																																																																																																																
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Make a simple bird feeder and hang it outdoors for local wildlife to enjoy.	Pamper yourself! Get a manicure, pedicure, or your hair done.	Get Involved! Sign up to join a community-related cause.	Become a "Big Brother" or "Big Sister".	Purchase a dozen stem roses and randomly hand them to passersby to brighten their day.	Start a free fresh food pantry in your local community where neighbors could donate to or take from when needed.	Spend time today journaling or visualizing what you would like your life to look like in the future.																																																																																																																
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Set up a booth offering free lemonade.	Leave an inspiring book on the train or bus with a note to pass it on.	Take your change to a Coinstar machine and donate your collection to charity.	Apologize to someone with whom you've had a past conflict.	Plant a tree in memory of someone.	Purchase a new toy for your pet.	Treat yourself and a good friend to a spa day.																																																																																																																
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Refrain from complaining today.	Donate video games to your local children's hospital.	Sign up for a shift at your local soup kitchen.	Host an outdoor dinner on a warm evening with family or friends.	Donate, volunteer, or raise awareness for a charity that helps a cause you're passionate about.																																																																																																																		

SEPTEMBER 2023

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OCTOBER

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30	31	1	2
		Plan a neighborhood block party so everyone can get to know each other better.	Leave a jar of coins for others to use at a wishing fountain.
3	4	5	6
Buy a decadent treat at the grocery store or your favorite bakery for yourself.	Take a scenic drive to the mountains to enjoy the Fall foliage.	Start a new book about a topic that is completely unknown to you.	Send a framed family photo to your parents or grandparents.
7	8	9	10
Donate books, puzzles, and games to elementary schools or daycare centers.	FREE DAY! How can I show generosity today?	Help a friend on their moving day.	
11	12	13	14
Offer to help someone who has just endured a major life event or loss.	Share your career goals with your boss or a colleague.	Become an agent of positivity.	Donate shoes, boots, and warm clothes to a homeless shelter.
15	16	17	18
Put some change in an envelope and tape it to a 25¢ candy vending machine.	Paint inspiring words on rocks and leave them in the community for others to find.	Gather some coworkers to help pick up trash in your local park during lunch.	
19	20	21	22
Play a board game or do a puzzle with friends and/or family.	Make a list of five things you are grateful for.	Start a Kindness Club at your school or workplace.	Say something nice to someone you do not particularly like.
23	24	25	26
Start a chain of kindness and pay for the next person's order at a drive-thru.	Pay attention to your internal dialogue.	Do something crafty, such as knitting, sewing, or painting.	
27	28	29	30
Tape extra quarters to coin-op laundry machines with a note that says, "Your next load is on me".	Leave a positive note in library books for strangers to discover.	Ask for and accept help when needed.	Surprise someone with a thoughtful, inexpensive gift.

OCTOBER 2023

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SUN	MON	TUE	WED	THU	FRI	SAT
1 Refrain from jumping to conclusions today.	2 Remember team members' birthdays and important events and celebrate them!	3 Do something that you find challenging today.	4 Fulfill an item on a teacher's Amazon Wish List.	5 Write an encouraging letter to a deployed or wounded member of the military through Operation Gratitude.	6 Smile at everyone you meet today.	7 Buy someone a gift certificate to their favorite coffee shop.
8 Allow someone to merge ahead into traffic.	9 Plan a weekend hike in nature and decompress.	10 Conserve water by turning it off when not in use, fixing leaks, and installing water-saving devices.	11 Hold the elevator or door open for others.	12 Sign up for a free online class, webinar, or conference to learn something new.	13 Leave un-carved pumpkins on a family's doorstep along with kid-friendly tools for carving.	14 Stop what you're doing for a few minutes to just breathe and appreciate life.
15 Bring a friend or family member a souvenir from a trip.	16 Stay a little later to assist a co-worker with their workload.	17 Take time to really listen to someone and respond with kindness.	18 Write and send a thank you note to someone in your life that helped you through adversity.	19 Put a \$10 or \$20 bill in a book with a note that says, "Great choice! This book is on me!"	20 FREE DAY! Do something meaningful today.	21 Do yoga or meditate.
22 Set positive intentions for the week.	23 Send someone who is sick some chicken soup and a get-well card.	24 Write a list of tasks you have been procrastinating and work on completing them today.	25 Make an appointment with your financial advisor to discuss your financial portfolio.	26 Foster animals that the shelters do not have space for.	27 Do something that makes YOU happy today.	28 Write a letter to yourself, forgiving past mistakes.
29 Text a friend to make sure they got home safely after a night out.	30 Paint positive messages on pumpkins and leave them around the community.	31 Try out a new recipe and share it with others.	1	<p style="text-align: center;"> SEPTEMBER S M T W Th F S 27 28 29 30 31 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 1 2 3 4 5 6 7 </p> <p style="text-align: center;"> NOVEMBER S M T W Th F S 29 30 31 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 1 2 3 4 5 6 7 8 9 </p>		

NOVEMBER 2023

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<p>Place positive quotes on buses, trains, doors, etc. to put a smile on a passerby's face.</p>														<p>Uplift a family member by sending them a box filled with cut out hearts that have a positive quality about them written on each.</p>														<p>Praise someone's performance in front of other co-workers.</p>														<p>Start a community collection for a family or someone in desperate need.</p>																																																																																																															
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<p>Create a fun family time capsule of nostalgic items with shared memories to open together in the future.</p>														<p>Knit something for someone to cherish.</p>														<p>Make your voice heard and cast your vote.</p>														<p>Stay a little later to help a colleague struggling to finish a project.</p>														<p>Create a Birthday Box for someone special filled with keepsakes.</p>														<p>Thank a veteran by donating to a worthy cause in their name or lend a hand in a VA hospital.</p>														<p>Send coloring books, toys, and balloons to a children's hospital.</p>																																																																					
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<p>Hand out free hot coffee to commuters waiting for their bus/train.</p>														<p>Put your phone away while in the company of others.</p>														<p>Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life.</p>														<p>Spend today saying and thinking only nice things about everyone you encounter.</p>														<p>Plan a road trip to someplace new.</p>														<p>Join a group that shares your own interests.</p>														<p>Plan to become CPR-certified next year.</p>																																																																					
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<p>Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game.</p>														<p>Introduce yourself to your neighbors and invite them over to dinner.</p>														<p>Host a dinner and ask everyone to write a note about what they appreciate about each guest to read aloud before dinner.</p>														<p>Invite a new co-worker to lunch.</p>														<p>FREE DAY! How can I show appreciation today?</p>														<p>Donate to a charity that helps create equality.</p>														<p>Bake a cake for a friend or partner for their birthday or special occasion.</p>																																																																					
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<p>Think of how you can use your unique talents to make a positive difference.</p>														<p>Pay it forward to the next person in line at the movies.</p>														<p>Silence any negative thoughts, self-doubt, or judgments today.</p>														<p>Be welcoming to a new neighbor, classmate, or co-worker.</p>														<p>Start a gratitude journal with all the things you are thankful for.</p>																																																																																																	

DECEMBER 2023

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