

# JANUARY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

**1**  
Write a list of your hopes & goals for 2019  
**New Year's Day**



**2**  
Call your parents, grandparents or an older relative just to say hi




**3**  
Make a donation to a cause you care about online

**4**  
Take extra winter hats & gloves to a school for children who don't have them

**5**  
Instead of asking for birthday presents this year, ask friends & family for donations

**6**  
Start learning a new skill - something you've always wanted to try but haven't

**7**  
Donate tissues & hand sanitizer to a school to help combat flu season




**8**  
Next time someone is rude to you, don't get upset: try to understand their point of view

**9**  
Surprise a friend or family member with hot chocolate




**10**  
Smile at everyone you see all day long




**11**  
Research your family tree & share what you learned with other relatives

**12**  
Go to a movie you've been wanting to see by yourself



**13**  
Make a thank you card for your local firefighters




**14**  
Share your favorite recipe with a neighbor

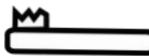
**15**  
Leave extra stamps by the machine at your local post office



**16**  
Donate coloring books & crayons to a children's hospital



**17**  
Remember to turn off the water while brushing your teeth




**18**  
Send a print of a picture you took of a friend or their child

**19**  
Make a bucket list & start by completing one thing on it by the end of the day

**20**  
Respectfully write about a social cause you care about & post it online  
**Day of Social Justice**

**21**  
Learn something new about someone different from you  
**Martin Luther King Day**

**22**  
Video chat with a relative you haven't seen in awhile




**23**  
Help someone brainstorm for an upcoming project

**24**  
Compliment ten people before noon (on their clothes, smile, anything you can think of!)

**25**  
Do an act of kindness for someone & encourage them to pay it forward


**26**  
Buy a box of your friend's favorite flavor of Girl Scout Cookies & give it to them

**27**  
Hang clothes to dry instead of using the dryer




**28**  
Bring your teacher, boss, or coworker coffee in the morning

**29**  
Make cards for the residents at your local nursing home



**30**  
Be polite to telemarketers (not just today, but every day)

**31**  
Pack someone a lunch for the day



*Pay it forward*