<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
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<tbody>
<tr>
<td>1</td>
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<td>7</td>
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<tr>
<td>Create a gratitude jar and fill it with things you are grateful for all month.</td>
<td>Wake up early to appreciate the sunrise.</td>
<td>Start a healthy routine at work such as a daily walk. Invite your coworkers.</td>
<td>Participate in a coat drive and put encouraging notes in the coat pockets.</td>
<td>Offer free hot chocolate and/or hand warmers to those working in the cold.</td>
<td>Take a friend or family member on a spontaneous adventure.</td>
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**Jan 7**  
Paint some rocks vibrant colors with positive/inspiring messages and place throughout your community.  
Kick off the new year with a fresh start by organizing and cleaning your home today.  
Get Involved! Sign up to join a community-related cause.  
Plan one big new adventure this year: go skydiving, swim with the dolphins, etc.  
Tap into your creative side! Write, paint, sing, or dance. 

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<td>Treat yourself to a bubble bath surrounded by candles and relaxing music.</td>
<td>Listen to a guided meditation.</td>
<td>Replace your light bulbs with energy efficient ones and hand out a few for friends to use.</td>
<td>Sell old items online (Ebay, for example) and donate the profits to a good cause.</td>
<td>Resolve to be less judgmental in your day-to-day life.</td>
<td>Make a list of goals to accomplish this new year that will help make your dreams come true.</td>
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**Jan 14**  
Purchase groceries for the person in front of you on the express line.  
Spend time with your family or friends playing board games, sharing laughs, and creating memories.  
Call a friend or relative and make them laugh out loud.  
Go outside your comfort zone today.  
Do something that fills you with joy today.  
New Year’s Resolution Reset  

**Jan 21**  
Plan a brunch with all your best friends.  
Self-reflect about how you can be a person of Integrity.  
Make an appointment for an annual checkup with your doctor and dentist.  
Create a care bag for an unhoused person with some gloves, scarf, treats, hygiene products, and a gift card.  

**Jan 28**  
Host a pizza lunch party at work and invite all your coworkers.  
Empty and read the gratitude jar you have created throughout the month.  
Call a friend or relative and make them laugh out loud.  
Go outside your comfort zone today.  
Do something that fills you with joy today.  

Visit www.randomactsofkindness.org for more kindness ideas.