



A KINDNESS A DAY

AUGUST 2020

THEME:
Taking Responsibility
Achrayut



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Admit to a mistake you made.
2 Listen to other people's opinions.	3 Recognize that it is okay that you don't have all the answers.	4 Try not to complain about minor inconveniences today.	5 Be the designated driver. Keep your friends safe by offering them a ride after a night out.	6 When you feel stressed, frustrated or impatient, take a step back so you can put things into perspective.	7 Many people are afraid to make big decisions. Take responsibility and make that decision that needs to be made at school, work or in your home.	8 Not everything is personal. Today, try not to take any form of disagreement as a personal attack. Take the responsibility to control how you respond.
9 Recognize that sometimes you need help, and allow someone to help you with a task.	10 Make sure you are sincere when you apologize to others.	11 Give someone the benefit of the doubt today.	12 Send a letter to a local or national representative to voice your opinion on an issue important to you.	13 You have the power to choose. Take responsibility for your life and make a choice that is good for you.	14 After trying on clothes in a dressing room, take a few moments to return the clothes you don't want to the rack.	15 Organize a safety day at your synagogue to learn different safety precautions, such as using a defibrillator.
16 End the procrastination! Do something you've been putting off for a long time. Schedule that long awaited appointment or finally donate that huge pile of unwanted clothing.	17 Be the bigger person by being the first to apologize.	18 When you finish a roll of toilet paper, replace it with a new one.	19 When you are asked to make a commitment, take a moment to think before saying yes instead of committing right away.	20 Clean up after your restaurant meal: Return the tray, throw out the garbage and wipe down the table.	21 If you are running late, make a phone call or send an email or text to inform someone you won't be there on time.	22 When you see an accident, a tree branch falling or a dead animal on the side of the road, call and alert the authorities. Don't assume someone else already did.
23 If you notice someone forgetting to tip a waiter, give him the tip yourself.	24 When you hear someone bullying or not speaking nicely to someone, stand up to the aggressor.	25 Send a respectful letter to a public figure who did something seemingly inappropriate and explain how you think that person could set a better example.	26 Assist someone who is unemployed with writing a resume or finding a job.	27 Stand up for what you believe in. Attend a rally to improve something in your community.	28 Take your loyalty to the next level. Stick up for someone when he is not around.	29 Take the time and responsibility to return a lost object.
30 If there is something potentially dangerous in your home or on your property, fix it so no one will get hurt.	31 Go on a Tikkun Olam Tour — travel from place to place doing acts of kindness to make the world a better place.					