



A KINDNESS A DAY

OCTOBER 2020

THEME:
Integrity/Honesty
Yashrut



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Follow through with a promise you made, even if takes extra effort.	2 Maintain your integrity. Say no to someone who asks you to do something that goes against your value system.	3 Let go of a grudge that has been on your mind lately.
4 Although much easier said than done, give someone a second chance.	5 Inform a store or restaurant if you were under-charged or given extra change.	6 Try not to gossip or talk about others behind their back today.	7 Don't spread information that you were told confidentially.	8 Don't take materials from work to use for personal use	9 Don't snoop around someone's personal belongings or text messages, even when they are out in plain sight.	10 When faced with a choice, choose loyalty.
11 Say what you mean, and mean what you say. Speak your truth without hesitation today.	12 Avoid buying items you believe to have been produced unethically.	13 Do something today that sets a good example for others.	14 Accept blame for something you did. Don't let somebody else take the blame for your actions.	15 Before you go to a store or restaurant, do research to make certain they pay and treat their employees fairly.	16 Be true to yourself and follow through with a personal or interpersonal commitment you made.	17 Lead by example. In a situation that requires you to make a moral decision, make sure you are doing the right thing yourself, and allow others to see the choice you made.
18 Give credit where it is due. Don't accept praise for someone else's work.	19 Ignore advice on how to cheat without getting caught.	20 If you made a mistake at work or school, be honest and tell someone what happened.	21 Return lost money without expecting a reward.	22 While at work today, be especially mindful of your business ethics.	23 Try googling yourself. If you don't like what you see in the search results, be more conscious about what you post on social media.	24 Avoid situations in which you will need to lie to others.
25 Today, try not to go into a store if you have no intention of buying anything.	26 Watch your nonverbal cues to make sure your body language aligns with your intended message.	27 Do not embellish the stories you tell. People will remember everything you say and take it to heart.	28 Promote honesty in your workplace by owning up to a mistake you made.	29 Avoid making a promise if there is a chance you will not be able to keep it.	30 Be a good friend by supporting others in times of joy and times of challenge.	31 Live the best life you can, with honesty, integrity, and compassion for yourself and others.