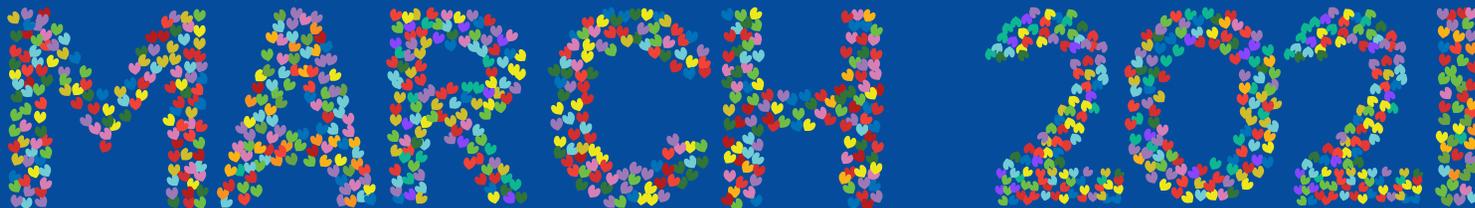


A KINDNESS A DAY 365 WAYS TO MAKE THE WORLD A BETTER PLACE

THEME:
 Godliness
 Betzelem Elokim



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Respect everyone. We all have a unique spark.	2 Collect some umbrellas to hand out to strangers next time it rains.	3 Ask your friend for permission to use their belongings even if you know they would say yes.	4 Respond positively to everyone you interact with.	5 Be kind to those who look or sound different than you.	6 Take interest in people who are older, younger or different than you.
7 Take time to learn about others' traditions and heritage.	8 Create a list of goals for the day, week and year. You have an immense amount of potential and can achieve more than you can imagine.	9 Be a beacon of positive energy to everyone around you. It has the power to transfer to another person.	10 Look for the good in others and notice their strengths.	11 Help build an atmosphere where people are encouraged to be themselves.	12 Keep plastic bags filled with snacks and sample-size toiletries in your car to give to the homeless.	13 Forgive yourself for making a mistake. Give yourself permission to be human. mpliment.
14 Use one of your strengths in a new and creative way.	15 Make eye contact with people when you talk to them to show respect.	16 If you do not have money to give to a collector, offer warm words of encouragement.	17 Respect other people's opinions even when they are different than yours.	18 Do not look at the container, but at that which is within. Give everyone a fair chance.	19 Learn how to say hello, please, and thank you in different languages to brighten a stranger's day.	20 Treat others the way you would want to be treated.
21 Take an active interest in those around you.	22 Befriend someone who is different than you.	23 Use good manners. Please and thank you are simple but appreciated.	24 Practice patience when interacting with people from all different walks of life.	25 Stop and talk to a homeless person.	26 Stay humble and be true to yourself.	27 Be a friend to those who most need it.
28 Speak with confidence, leaving a lasting impression on others.	29 Break bad habits you have been meaning to break.	30 Envision your ideal self twenty years from now and work every day to get there.	31 Everyone is important. Learn the names of everyone you interact with.			