

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		New Year's Day Start a piggy bank for a cause	Call your grandparents just to say "hi"	Do one unexpected act of kindness	National Trivia Day	Have a judgement free day
6	7	8	9	10	11	12
Epiphany Drink more water	Orthodox Christmas	Give your old warm coat to a local org. Check out WestsideCIA.org for locations.	Law Enforcement Appreciation Day	Give someone a special book	National Milk Day	Help out in the kitchen today
13	14	15	16	17	18	19
Invite a new friend out for coffee	Orthodox New Year	Give the gift of time	Religious Freedom Day: Be Kind	Show up on time	Have a coloring contest	National Popcorn Day: Make popcorn balls for a neighbor
20	21	22	23	24	25	26
Meditate	Martin Luther King Day	Shovel someones sidewalk	Treat others like you want to be treated	National Peanut Butter Day Bake and share peanut butter cookies	Turn off lights when not in use	Offer to return a shopping cart for someone
27	28	29	30	31	1	2
Try something new	Write down your best qualities	Wave at passing cars	Start an exercise routine	Make dinner for your family		 westsidecia.org

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					National Freedom Day: Be polite on the road	Groundhog Day Bring reusable bags to the grocery store
3	4	5	6	7	8	9
Ask "how can I help you as many times as possible today"	Complain less	Chinese New Year Call a friend	Find out something new about a co-worker	Give someone a compliment	Hold a teddy bear drive	Do one of your 'To-dos' today
10	11	12	13	14	15	16
Give someone a homemade gift	Send your teacher a thank you note	Smile at people today	Play a game with a sibling	Valentine's Day Carry out someone's groceries	Tell someone how they have touched your life	Run an errand for someone today
17	18	19	20	21	22	23
Leave an encouraging note on a public bathroom mirror	Presidents' Day Say 'Thank you' to a vet	Say hello to as many people as possible	Start a fundraiser for a charity. Check out WestsideCIA.org for ideas	Listen - intently	Write an encouraging note to someone	Take a group to a nursing home to read to the seniors
24	25	26	27	28	1	2
Spend quality time with a loved one - do something they enjoy	Write down someone's best qualities and share it with them	Laugh often	Give someone a hug	Tell your family 3 things you're thankful for		 westsidecia.org

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
					St David's Day	Bake Cookies for the Fire Station
3	4	5	6	7	8	9
Be kind to the server.	Maha Shivaratri Be purposefull when greeting people today.	Text or call someone you haven't talked to in awhile	Ash Wednesday Buy McDonalds gift cards, then provide to someone who is in need	Give someone a hug	Give the benefit of the doubt	Buy a cup of coffee for a stranger
10	11	12	13	14	15	16
Daylight Savings Time starts Do the dishes	Meditate	Make your bed	Reduce paper usage	Say encouraging things today	Write a hand written note to someone	Buy someone a small gift...just because.
17	18	19	20	21	22	23
St.Patrick's Day Don't interrupt	Visit a Nursing Home	Tell someone you are Thankful for them	Clean your room without being asked	Holi Purim	Empty the diswasher	Compliment a parent on how well behaved their child is
24	25	26	27	28	29	30
Do one of your sibling's chores	Collect items for a local charity. View WestsideCIA.org for ideas	Do something for someone that says "I thought of you today"	Forgive today	Give someone flowers	National Vietnam War Veterans Day Give someone a balloon	Don't say anything negative
31	1	2	3	4	5	6
Give someone chocolate						 Westside Communities in Action westsidecia.org