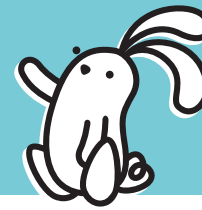


# NOVEMBER 2020



**RANDOM ACTS OF KINDNESS  
FOUNDATION**

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																				
1 Help a neighbor rake leaves or with a household chore.	2 Create a gratitude jar and fill it with things are you grateful for all month.	3 Write and send a thank you note to someone in your life that helped you through adversity.	4 Be someone's tour guide in your city.	5 Visit your parents and make them dinner.	6 <b>FREE DAY!</b> Think about how you can be a person of integrity.	7 Let go of an old grudge.																																																																																				
8 Refrain from making assumptions or jumping to conclusions.	9 Connect with a new travel group and travel more.	10 Fill an old purse with snacks, water, small mirror, combs, hygiene products, a nice spray and leave it with a homeless woman.	11 Leave extra quarters in a zipup bag and tape it on your building's laundry machines with a note that says "this load is on me."	12 Leave a note on the public restroom mirror that says "you look amazing!"	13 WORLD KINDNESS DAY Spend today spreading kindness however you can.	14 Write special things about a loved one on cut out hearts. They can read a message anytime they get lonely or need a pick-me-up.																																																																																				
15 Be accountable for everything you do or say today.	16 Purchase groceries for the person in front of you in the express line.	17 Save your hair to donate to "Locks of Love."	18 Pay attention to your internal dialogue.	19 Participate in or help organize a community parade/event celebration.	20 Put aside your viewpoint and try to view things from the other person's perspective.	21 WORLD HELLO DAY Say hello to the first three people you see today.																																																																																				
22 Knit something for someone to cherish.	23 Organize a campaign to raise money to buy and install new playground equipment for a park.	24 Spend time today journaling what you would like your life to look like two years from now.	25 Hand out free hot coffee to commuters waiting for their bus/train.	26 Ask everyone to write a note about what they appreciate about each person then read the cards aloud before dinner.	27 Help others with their luggage when traveling.	28 Take your change to a Coinstar machine and donate your collection to charity.																																																																																				
29 Buy flowers or a new plant for your home.	30 Empty and read the gratitude jar you have created throughout the month.	1	2	3	<p>OCTOBER</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> <p>DECEMBER</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>		S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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