



A KINDNESS A DAY

DECEMBER 2020

THEME:
Modesty
Tzniut



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Recognize that you were created for a specific purpose. There is no other "you." How can you make a difference in this world?	2 Recognize that your wealth, possessions, success and accomplishments do not define who you are.	3 Keep your advice and opinions to yourself, unless someone specifically asks for your help.	4 In an argument, listen to the other person and resist the urge you may have to prove that you are right.	5 Be happy for other people and celebrate their accomplishments.
6 Admit that it is okay that you don't have all the answers. Listen to others and seek out advice or criticism.	7 Lead a modest lifestyle and recognize that there are others who don't have as much.	8 Admit when you make a mistake.	9 If you do well on a test or succeed in a project at work, don't brag about it in the presence of others.	10 Appreciate the Chanukah gifts you receive and bring Chanukah gifts to less fortunate children.	11 Strive for selflessness. Do something for someone else today.	12 Go last. When waiting in line for a bus, movie or table to be seated at, let everyone else go in front of you.
13 Give more than you take. Use your resources to help others instead of just buying things for yourself.	14 Express your gratitude to everyone who helps you today.	15 When someone helps you with something, be sure to give her the credit for it.	16 Leave an anonymous tip or compliment for someone without receiving the credit and acknowledgement.	17 Do a favor for a friend without expecting something in return.	18 Remember that, ultimately, kindness is more important than who wins a game or an argument.	19 Enjoy what you have instead of wanting the next "big thing."
20 Sacrifice your happiness for someone else's today.	21 Recognize that your success and accomplishments would not have been possible without the help of G-d.	22 When planning a wedding, bar/bat mitzvah or any party, refrain from making it the most lavish it can be. Donate to a local agency that helps others in need.	23 Take your focus off materialistic things today.	24 Without asking for money, offer to cook, babysit or run errands for a family in need.	25 Understand that your strengths are to be used for yourself, but also for others.	26 Remember that each individual is important to G-d.
27 Do the dishes, even if it is your roommate's, sibling's or spouse's turn, without expecting them to return the favor.	28 Allow yourself to learn something from someone younger than you.	29 Today, help someone else perform a mitzvah.	30 Recognize your strengths without judging those who do not have the same.	31 Do something to help future generations.		