



A KINDNESS A DAY

NOVEMBER 2020

THEME:
Gratitude
Hakarat Hatov



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write a list of ten things you are grateful for in your life and in our world.	2 Express your gratitude to a family member for doing something every day that you appreciate.	3 Bring pizza or baked goods to your local fire station or volunteer ambulance corps to thank them for all they do.	4 Take a moment to go outside, look around and appreciate the beauty of nature.	5 Even if you don't usually pray, take a few moments when you wake up this morning to thank G-d for giving you a new day, full of great opportunities.	6 Return the favor to someone who went out of his way to help you.	7 Take a moment to thank G-d, and anyone else, who helped you get through a stressful, difficult or even painful situation.
8 Send a genuine compliment to three different people via Twitter, Instagram or Facebook.	9 Share a specific example of an action that a role model in your life did for you and explain how it made a difference in your life.	10 Write down three things that happened to you over the course of the day, however big or little, and thank G-d for them.	11 With a pen and paper, write thank you notes to people who have helped you. Be old fashioned and mail them!	12 Write a letter to your national, state or local representative thanking them for a specific thing they have done in office.	13 Thank the bus driver, receptionist, security guard, maintenance staff or doorman of your school or business by bringing them flowers, candy or baked goods.	14 Thank someone for the good advice she gave you.
15 Offer a cold drink to your mailman, as a gesture of gratitude.	16 Send a condolence card to the family of a soldier killed in the line of duty. Express your gratitude to them for the sacrifices they made for our homeland and security.	17 Show gratitude to yourself. Write down five ways you have been impressed with yourself lately.	18 Send a gratitude email to a co-worker who deserves more recognition.	19 Even if you don't agree with someone's viewpoint, thank him for showing you a new way to look at things.	20 To express gratitude to someone you appreciate, offer to do something you know she doesn't enjoy doing, such as running to the supermarket or organizing her closet.	21 Before eating, take a moment to consider all the people involved in providing you with the food.
22 Think about a time you were pleased with a service or experience, and write a positive review on a website or Yelp or recommend them to people you know.	23 If you are running late, let the person waiting know, to show you value their time.	24 Leave a dollar and a note of thanks in the tip jar for the person who served you.	25 Thank your employer for giving you an opportunity to work for them.	26 Buy a small gift for a teacher or co-worker to thank him for the knowledge and help he provides you.	27 Call the manager of a store or restaurant to compliment the employee's service and efforts.	28 Give credit where credit is due. When someone compliments you for something you have done, mention those who helped you.
29 Be grateful for all the clothing you have. Donate some of your clothing to someone who would benefit from it.	30 When a friend, colleague or family member goes above and beyond, be sure to verbalize your appreciation. Treat them to lunch or a cup of coffee.					