

JANUARY 2025

New Year, New Beginnings



RANDOM ACTS OF KINDNESS
FOUNDATION®

SUN							MON							TUE							WED							THU							FRI							SAT													
DECEMBER							FEBRUARY							31							1							2							3							4													
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S							
1	2	3	4	5	6	7	26	27	28	29	30	31	1																																										
8	9	10	11	12	13	14	2	3	4	5	6	7	8																																										
15	16	17	18	19	20	21	9	10	11	12	13	14	15																																										
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5	6	7	8	9	10	11	2	3	4	5	6	7	8																																										
her books you've finished to give to a local library or school.							Give a surprise gift to a friend to brighten their day.							Leave positive notes in public places to inspire others.							Send a New Year's card to someone you haven't spoken to in a while.								Make a resolution to perform one act of kindness each week throughout the year.								New Year, New You: Become a RAKtivist Today!								Write a thank-you note to someone in your life for all they do.										
12							13							14							15							16							17							18													
Plan a staycation with your family.							Start a kindness jar where you can collect notes of gratitude.							Write a letter to yourself at futureme.org.							Reach out to friends or family members you haven't spoken to in a while.								Share your favorite books with others.								Send New Year's cards or notes to friends, family, or even neighbors you don't know well, spreading goodwill and positive vibes for the year ahead.								Relax! Watch a movie and share a bowl of popcorn with a friend or family member.										
19							20							21							22							23							24							25													
Take a walk and enjoy the fresh air.							Dedicate a day this month to volunteer at a local charity, food bank, or community organization.							Make a list of 10 things you hope to accomplish this year.							Handwrite a note to someone that means a lot to you.								Compliment five people around you on something not related to physical appearance.								Practice 4-4-6 breathing. Breathe in for 4 counts, hold it for 4 counts, exhale for 6 counts. Repeat.								Practice active listening with a friend.										
26							27							28							29							30							31							1													
Use your skills or talents to help someone else, whether it's art, music, or technology.							Make it a goal to give genuine compliments to at least three people today.							Write thank you notes to people who made a difference in your life over the past year.							Make an effort to smile at everyone you pass.								Say thank you to someone who often goes unnoticed.								Apologize to someone if you've hurt their feelings and start the new year on a positive note.																		