

Hello, December!

Congratulations! You made it to the end of the #GlobalYou365 journaling challenge!!

For the first 10 months of the year we journaled about our global lives. Then, in November we spent a month writing down what we're grateful for. Now that it's December, the last month of the year and this challenge, let's add action to our journaling by committing Random Acts of Kindness throughout the month – even if it's for yourself (self-care is important)!

Here's the plan. I've listed 31 Random Acts of Kindness as suggestions. Add your own ideas to the list, choose the ones you want to do, and when you want to do it. Then, reflect on the day's RAK in your journal. On the days you don't do a RAK, continue your gratitude list from November.

The first 5 RAK are geared towards YOU...because self-care is important, and we're more likely to be kind to others if we're kind to ourselves.

Thanks for participating in the #GlobalYou365 journaling challenge this year.

Have a wonderful December!

"NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED."
—Aesop

Thanks to Heather Schnacke, Sally Rose, Mattie Clark, Amelia Hagen, Jennifer Ramos de Flores, and Lindsay Leigh Manzella for contributing RAK ideas!

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RAK ideas...

1. Embrace your past mistakes. Start seeing them as learning experiences, rather than failures.
2. Make yourself a healthy meal.
3. Drink more water.
4. Do something frivolous and totally fun.
5. Get outside, even if only for a few minutes.
6. Buy coffee for the person in line behind you.
7. Leave a post-it note of encouragement on a car window.
8. Write a thank-you card. Send it snail mail.
9. Pick up trash in the street, on a trail, etc.
10. Send an email to an old friend, just to say hello.
11. Return a stray shopping cart to the store.
12. Let someone go in front of you in line.
13. Donate money/time to a cause you believe in.
14. Smile and make eye contact with retail workers (where culturally appropriate!).
15. Do a household chore that your partner/kids/roommate dislikes.
16. Text someone to let them know you're thinking about them.
17. If someone is acting unkind or irrational, usually something is happening in their personal lives. Give them a compliment, or just say 'it will be okay.' Or give them a hug.
18. Bake bread and double the recipe. Give the extra loaf away.
19. When someone irritates you, assume that they are doing the best they can.
20. While driving, let someone into your lane in front of you.
21. If you see someone standing alone at a party or other event, go up and talk to them.
22. Smile at everyone, especially someone who is of a different ethnicity or faith.
23. Reach out to a colleague or friend by giving them a card or a yummy treat for any of the upcoming holidays and let them know how grateful you are for their friendship/support.
24. Organize a chorus and go caroling at the senior center.
25. Surprise a friend or coworker with coffee.
26. Donate food or clothing to a local org in need.
27. Create a music playlist for a friend.
28. Give a bigger-than-usual tip.
29. Really listen to the next person you talk to.
30. Put change in a parking meter.
31. Leave a positive comment on a blog or website.