

JANUARY 2018



MON	TUES	WED	THUR	FRI	SAT	SUN
1 Make a resolution to do good at least once a week this year	2 Say hi to the guard in your compound at work or home and appreciate them	3 Ask one person how you can support them this year	4 Connect with someone you haven't spoken to for a while	5 Mark up your calendar with birthdays and other special occasions so you don't forget	6 Help parents who are struggling - buy a pair of shoes for a child going back to school	7 Say "Thank you" as many times as possible
8 Ask someone "How can I help?"	9 Buy exercise books and pencils for a child whose family needs support	10 Use social media to share your best water-saving tips. Tag @SDGKenya	11 Help someone with a chore that's theirs not yours	12 Write a positive comment on a blog or facebook post	13 Do one thing out of your comfort zone for someone else	14 Pick one day and plan to make an extra serving of food to share with someone
15 Appreciate others by making a point of thanking staff at the supermarket checkout	16 Share a book quote, bible verse or poem with someone who needs encouragement	17 Pay for the passenger sitting next to you in the matatu	18 Give out compliments to others	19 Invite someone from your neighbourhood for a meal	20 Surprise someone by cleaning something for them (eg. a pair of shoes)	21 Plant something
22 Give a police officer a bottle of water or soda	23 Call your parent or guardian and tell them why you're thankful for them	24 Give blood or sign up to be a donor for Wanadamu	25 Leave mandazi on a colleague's desk for breakfast	26 Hold a door open for someone	27 Take a picture of something beautiful and send it to someone saying why it made you think of them	28 Give up doing one thing to let someone else get time with you
29 Buy a voucher for your local coffee shop and gift it to someone	30 Pick up some trash and put it the dustbin	31 Go through your clothes and find a few items to give away to people living on the streets				

#SDGDaily

SIGNIFICANT DATES

1st New Year's Day, 31st Street Children's Day