YOUR 2019 DO-GOOD CALENDAR

2019 is your year to shine. Getting involved in your community is a great way to make this year the best yet—for you, your neighbors and your community. Use this checklist to get connected, learn and engage with the St. Louis region. We included some suggestions, plus blank spaces for you to fill in your own ideas. Let's do good this year!

JANUARY □ DECEMBER 31 - JANUARY 6 **□** JANUARY 7-13 Incorporate giving into your goals for 2019. **Learn more** about the other benefits you'll enjoy by giving to charity. **□** JANUARY 14-20 Write a letter listing everything you hope to accomplish this year. Put it in a safe place. JANUARY 21-27 (for any journal really) Start a gratitude journal and record one thing you're thankful for each month. ☐ JANUARY 28-FEBRUARY 3 FEBRUARY ☐ FEBRUARY 4-10 ☐ FEBRUARY 11-17 Make a list of the types of causes that mean the most to you. How can you help? HelpingPeople.org/how-we-help **☐ FEBRUARY 18-24** ☐ FEBRUARY 25-MARCH 3 Finish a book that opens your eyes to a new culture or experience. *(1)e're reading

MARCH☐ MARCH 4-10 ☐ MARCH 11-17 Spring cleaning? Your old prom or homecoming dress can create a magical experience for a girl in need through the Cinderella Project! Drop them off at Foster and Adoptive Care Coalition's resale boutique, ReFresh! ■ MARCH 18-24







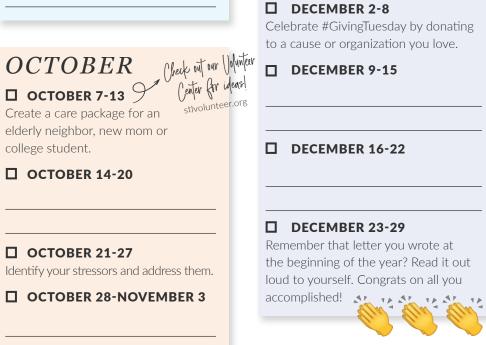




DECEMBER







Helping people.



P.S. Out and about in the community in 2019? Don't forget to tag us on social media at *@unitedwaystl to share all the awesome things you accomplish this year!*