

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 *(or 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. *Check out these ideas: 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. **We're reading "American Like Me" by America Ferrera*

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

MARCH 25-31

Write a letter to a woman who inspires you in celebration of Women's History Month.

APRIL

APRIL 1-7

Review your spending for the past month. Are there any areas where you can cut back and save?

APRIL 8-14

APRIL 15-21

Sign up for our **Volunteer Center newsletter** to stay up-to-date on ways to get involved in your community.

APRIL 22-28

APRIL 29-MAY 5

Say hello to someone new in the office and ask them about their day.

MAY

MAY 6-12

MAY 13-19

Put your phone down and enjoy the outdoors. **Check out the trails at Forest Park, Grandike Park or Horseshoe Lake!*

MAY 20-26

MAY 27-JUNE 2

Schedule time for self-care—enjoy a book, do an extra workout or catch up with a friend!

JUNE

JUNE 3-9

JUNE 10-16

Know a local family needing help with lunches now that school is out? Refer them to **United Way 2-1-1** for free summer meal options.

JUNE 17-23

JUNE 24-30

Write a kind email to a co-worker thanking them for their hard work.

JULY

JULY 1-7

Laugh! *...with friends or by yourself, we won't judge*

JULY 8-14

JULY 15-21

Use your vacation time! **Don't forget the SPF!*

JULY 22-28

JULY 29-AUGUST 4

Explore local businesses. Check out the great spots on Cherokee Street or the St. Charles Historic District. **SHOP SMALL**

AUGUST

AUGUST 5-11

AUGUST 12-18

Call a friend or relative you haven't talked to in a while. *Check out our agencies for ideas: HelpingPeople.org/agencies-we-fund*

AUGUST 19-25

Back to school shopping? Pick up some extra items to donate to kids in need!

AUGUST 26-SEPTEMBER 1

Say "sorry" when things are your fault, but don't when they're not. *Sorry not sorry*

SEPTEMBER

SEPTEMBER 2-8

United Way campaign kicks off! Check out our campaign video!

SEPTEMBER 9-15

Stay positive. Unfollow or mute any negative accounts on social media.

SEPTEMBER 16-22

SEPTEMBER 23-29

Listen to an inspirational podcast. **We're listening to Mental Health Matters from St. Louis Counseling*

SEPTEMBER 30-OCTOBER 6

NOVEMBER

NOVEMBER 4-10

Take three deep breaths when you need to reset.

NOVEMBER 11-17

NOVEMBER 18-24

Grab some friends and adopt a family during the holiday season through **100 Neediest Cases**.

NOVEMBER 25-DECEMBER 1

DECEMBER

DECEMBER 2-8

Celebrate #GivingTuesday by donating to a cause or organization you love.

DECEMBER 9-15

DECEMBER 16-22

DECEMBER 23-29

Remember that letter you wrote at the beginning of the year? Read it out loud to yourself. Congrats on all you accomplished! 🙌🙌🙌

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!