



# SEVEN DAYS OF CHARACTER FOR ADULTS

## SUNDAY

### FOOD FOR THOUGHT

More local foodbanks are experiencing a crisis as they have more people in need and fewer supplies to distribute. Find out how you can lend a hand, either by volunteering a couple of hours, or donating some needed food.

## MONDAY

### CARING COUPONS

Get out your scissors and start clipping coupons that care. You don't have to get money off to get a buzz – sometimes it's enough to read a feel-good story online or in the press and keep them on file to refer to when the news is just too much. You can also give them to friends for inspiration when they're feeling down.

## TUESDAY

### RECYCLE, REUSE, REDUCE

Good citizenship includes being environmentally aware, and recycling makes cents! Find out where your local recycling depot is and raise some money for a local charity by recycling your bottles and cans. You'll be doing your part for the planet and your community.

## WEDNESDAY

### SHARE THE LOAD

So it might not be your actual JOB to return the shopping cart to the store, but how about taking a little time to share these tasks? Perhaps your supermarket no longer employs people to collect carts, or maybe your local diner waitress would appreciate it if you wiped up the crumbs from the table you ate at, or you could leave that hotel room just a little bit tidier before you check out.

## THURSDAY

### INVITE A 360-DEGREE APPRAISAL

Want to really show you're trying to be better? Invite your coworkers to give you an annual review based on the values of the Six Pillars of Character.

## FRIDAY

### BE PATIENT WITH BAD MANNERS

That includes your own! Bite your tongue, tone it down, and take deep breaths. Everyone gets frazzled in today's demanding society, but try to stay calm and be polite all day. Treat others as if they were ladies and gentlemen – not because they are, but because you are.

## SATURDAY

### HELP FROM HOME

Finding time in a busy week to volunteer can be tough, but what if you could do it from the comfort of your own home? Help From Home is a site that lets you do just that. Visit them to learn how you can help without even changing out of your PJs. <http://www.helpfromhome.org/>



# DAILY CHARACTER IDEAS FOR KIDS

## AN IDEA A DAY TO CELEBRATE CC! WEEK

### SELF-REFLECTION SUNDAY

We all know the Six Pillars of Character (trustworthiness, respect, responsibility, fairness, caring, and citizenship, of course!), so why not take time to reflect on your performance in each of the six areas? Could you be doing better? Write down one thing you'd like to improve for each Pillar and keep good character going all year!

### MAKE PEACE MONDAY

World peace starts with you! Have you fallen out with someone over the last year? Could you take responsibility for making the world a more peaceful place, even if it wasn't your fault in the first place, and make up with that person? You could write a note, call, or text. You'll be contributing to a more peaceful world. Show politicians how it's done!

### TAKE THE ROAD LESS TRAVELED TUESDAY

It's always easier to show respect to others when everyone else is doing it, but what about taking a stand on your own? Tough stuff, but you can start a revolution and brighten someone's day by showing them you are on their side, even if the bullies aren't. Hold out your hand to help someone up, help them with the stuff they dropped, or give some other small gesture to show you aren't a bully bystander.

### WISH UPON A STAR WEDNESDAY

Who's your favorite star? Wouldn't it be great if they showed their support for you in your quest for good character? Why not write and tell them what you're doing to show that character counts? Write to your favorite star and ask them to support good character, too.

### THANKSGIVING THURSDAY

Don't wait until November to show thanks! Make today the day you remember your p's and q's and take time to let someone who helped you out know how much it meant. Be thankful all day!

### FIND OUT FRIDAY

Is there a pressing issue in your community? Find out how you can get involved and help make things better for everyone. Research the issue and groups that are taking action on it to find out what you can do.

### SHOW YOUR SUPPORT SATURDAY

Why not get out and support your local team? Sticking by people through good and bad times can be hard, but loyalty is a big part of good character. If you have a local team, or you know someone taking part in a challenge this weekend, show them they can lean on you.