

One person can make a difference, and everyone should try.

Here are some things you can do to make the world a little better.

If you have other ideas, let me know, and I'll add them to the list for future semesters.

1. Do something nice for your roommate (or whoever you're currently living with).
2. Do something nice for a neighbor.
3. For an entire day, thank people as often as you can, and genuinely mean it.
4. Do something to improve nature, the earth, the environment.
5. Do something to thank/honor your mother and/or father.
6. For an entire day, smile at as many people as you can and/or hold the door open for as many people as you can.
7. Do something to improve your health, e.g. exercise more, eat better, get more rest, etc.
8. Decide to do something that is difficult for you...and then do it.
9. Do something that really makes you happy.
10. Try to improve or repair your relationship with a family member or a friend.
11. Do something to increase your faith or to live your own religion better in some way.
12. Call/write to a friend or family member that you've not seen or talked with for a while.
13. Do something to lighten someone else's burden or ease their suffering.
14. Write positive and uplifting things on social media for a couple of days (or a week!).
15. Don't use social media for a couple of days (or a week!).
16. Find some way to live more frugally (live cheap!).
17. Find someone who could use more support (maybe a family member or a friend?) and be that support or friend they need.
18. Learn to do something new or learn about something new.
19. Find something that you are not so good at, something that is a weakness, and try to make it a strength for a few days or maybe even a week. Alternatively, think of some bad habit you have, and stop that habit for a few days or even a week.
20. Donate blood, plasma, etc.
21. Forgive someone.
22. Keep a journal for a week (maybe a gratitude journal?).
23. Your choice: think of something good to do to make the world better.

Keep a file (e.g. MS Word) in which you write a sentence or two for each item that you do. Of course you don't have to do/write these in the order above. Do what you want when you want. Then print out and submit it to me by the end of the semester.

For each ten of these you do, you can drop your lowest homework, for a total of 20 times (so two dropped homeworks). So that you have some variety in the good you are doing in the world, you can do each item at most twice (for extra-credit—but you can do any of these as many times as you want simply to do some good).