



## STEPPING OUT OF MY COMFORT ZONE

# Show Kindness

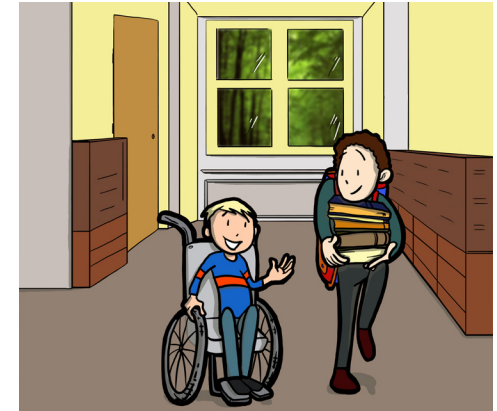
## January

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

“NEVER LET LOYALTY AND KINDNESS LEAVE YOU! TIE THEM AROUND YOUR NECK AS A REMINDER. WRITE THEM DEEP WITHIN YOUR HEART” (PROVERBS 3:3 NLT).

EVERY EFFORT TO STEP OUT OF YOUR COMFORT ZONE IN ORDER TO GROW AND CHANGE IS WORTHWHILE! IF YOU CAN'T MANAGE ONE IDEA A WEEK, THEN PICK ONE FOR THE MONTH, AND MAKE THAT YOUR GOAL. EVERY STEP COUNTS. BRAVO FOR TRYING!



- ▶ WEEK 1: CHOOSE A DAY WHEN YOU WILL GREET THOSE YOU SEE.
- ▶ WEEK 2: BRING A GIFT TO YOUR TEACHER (E.G., FLOWERS, AN APPLE, A COFFEE, ETC.).
- ▶ WEEK 3: WRITE A NOTE OF GRATITUDE TO SOMEONE YOU KNOW WHOSE JOB IS TO SERVE OTHERS (E.G., THE POSTMAN, A HAIR STYLIST, A GROCER, A POLICEMAN, A FIREMAN, ETC.).
- ▶ WEEK 4: CHOOSE A DAY WHEN YOU WILL FOCUS ON LETTING YOUR CLASSMATES GO AHEAD OF YOU WHEN IN LINE.



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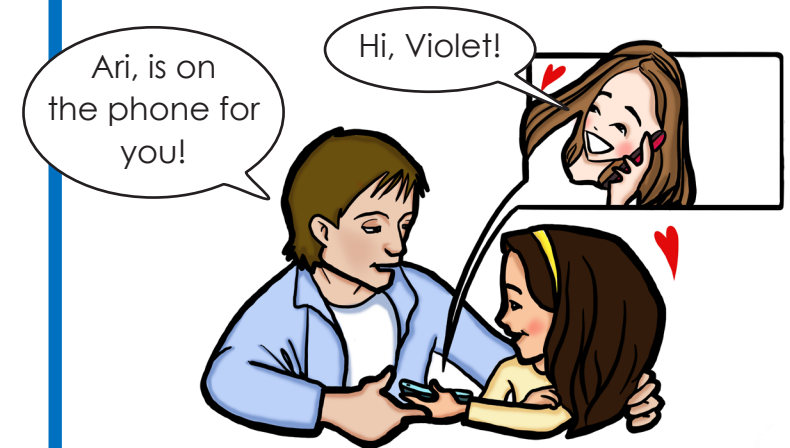
# Help A Friend

## February

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

“A FRIEND LOVES AT ALL TIMES... ” (PROVERBS 17:17 NIV).



- ▶ WEEK 1: OFFER TO HELP A FRIEND WITH A PROJECT, WHETHER A SCHOOL, CLUB, OR PERSONAL PROJECT.
- ▶ WEEK 2: SHARE A SPECIAL TOY OR GAME WITH A FRIEND.
- ▶ WEEK 3: TELL A FRIEND WHY HE OR SHE MEANS A LOT TO YOU.
- ▶ WEEK 4: TALK TO A FRIEND YOU HAVEN'T TALKED WITH IN A WHILE.



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# Help Your Neighbors

## March

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



- ▶ WEEK 1: OFFER TO HELP ASSIST YOUR NEIGHBOR IN SOME WAY (WASH THEIR CAR, HELP WEED A NEIGHBOR'S FLOWER BED, CLEAR SNOW FROM WALKWAY, OR CARRY IN THE GROCERIES).
- ▶ WEEK 2: CHECK IN ON AN ELDERLY NEIGHBOR (WITH YOUR PARENTS' PERMISSION OR HELP).
- ▶ WEEK 3: BAKE A DESSERT FOR A NEIGHBOR (OR NEIGHBORS).
- ▶ WEEK 4: OFFER TO TAKE OUT THE GARBAGE BINS FOR ONE OF YOUR NEIGHBORS ON GARBAGE DAY OR RETURN THE BINS AFTERWARDS.

"LET EACH OF YOU LOOK NOT ONLY TO HIS OWN INTERESTS, BUT ALSO TO THE INTERESTS OF OTHERS" (PHILIPPIANS 2:4 ESV).



## STEPPING OUT OF MY COMFORT ZONE

# Help Out In The House

April

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



- ▶ **WEEK 1: HELP MAKE A DISH FOR DINNER ON YOUR OWN (ASKING YOUR PARENTS FOR ADVICE WHEN NEEDED).**
- ▶ **WEEK 2: MAKE SOMEONE ELSE'S BED—YOUR PARENTS', YOUR BROTHER'S, OR YOUR SISTER'S.**
- ▶ **WEEK 3: DO A JOB YOU USUALLY DON'T DO WITHOUT ANYONE ASKING YOU TO DO IT (SETTING THE TABLE, PUTTING AWAY THE TOYS, TIDYING UP THE LIVING ROOM, SWEEPING THE FLOOR).**
- ▶ **WEEK 4: ASSIST YOUR DAD OR MOM WITH ONE OF THEIR PROJECTS, HELPING OUT AS MUCH AS YOU CAN.**

"IF YOU KNOW THESE THINGS, BLESSED ARE YOU IF YOU DO THEM"  
(JOHN 13:17 NKJV).



## STEPPING OUT OF MY COMFORT ZONE

# Adjust Your Attitudes

May

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



- ▶ WEEK 1: APOLOGIZE TO SOMEONE YOU HAVE OFFENDED OR HURT IN SOME WAY.
- ▶ WEEK 2: SHOW GRATITUDE TO YOUR PARENTS, SIBLINGS, AUNTS, UNCLES, AND GRANDPARENTS ANY CHANCE YOU GET.
- ▶ WEEK 3: MAKE A BIGGER EFFORT TO SHOW YOUR PARENTS AND TEACHERS THAT YOU RESPECT THEM BY LISTENING WHEN SPOKEN TO, RESPONDING QUICKLY, ETC.
- ▶ WEEK 4: FORGIVE SOMEONE WHO HAS OFFENDED OR HURT YOU.

YOUR ATTITUDE IS LIKE A PRICE TAG; IT SHOWS HOW VALUABLE YOU ARE.

—ANONYMOUS



## STEPPING OUT OF MY COMFORT ZONE

# Change It Up

June

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



- ▶ WEEK 1: LET YOUR BROTHER, SISTER, OR FRIEND SIT IN YOUR FAVORITE SEAT, WHETHER AT THE HOUSE OR AT SCHOOL OR ON THE BUS OR IN THE CAR, ETC.
- ▶ WEEK 2: PLAY WITH A NEW CLASSMATE AT SCHOOL INSTEAD OF YOUR USUAL FRIENDS.
- ▶ WEEK 3: READ A STORY OR BOOK FROM A GENRE YOU HAVEN'T READ BEFORE.
- ▶ WEEK 4: SWAP CHORES WITH YOUR BROTHER, SISTER, OR PARENTS, AND BE WILLING TO DO A CHORE THAT INVOLVES EXTRA WORK.

EVERYONE THINKS OF CHANGING THE WORLD, BUT NO ONE THINKS OF CHANGING HIMSELF. —LEO TOLSTOY



## STEPPING OUT OF MY COMFORT ZONE

# Do a Kind Deed for Someone Outside Your Usual Circle

July

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"DO NOT FORGET TO SHOW HOSPITALITY TO STRANGERS, FOR BY SO DOING SOME PEOPLE HAVE SHOWN HOSPITALITY TO ANGELS WITHOUT KNOWING IT" (HEBREWS 13:2 NIV).



- ▶ WEEK 1: COMPLIMENT SOMEONE YOU SEE ON A REGULAR BASIS, BUT WHO YOU DON'T KNOW VERY WELL. FOR EXAMPLE, YOUR GROCER, YOUR HAIR STYLIST, OR YOUR BUS DRIVER.
- ▶ WEEK 2: ASK YOUR PARENTS TO HELP YOU CREATE ONE OR A FEW "BLESSING BAGS," AND DONATE THEM TO A SHELTER.
- ▶ WEEK 3: DRAW A PICTURE AND WRITE AN INSPIRATIONAL OR ENCOURAGING QUOTE, AND LEAVE IT TAPED TO THE FRONT DOOR OF A NEIGHBOR.
- ▶ WEEK 4: MAKE A JAR FOR SAVING A FEW COINS HERE AND THERE FROM YOUR ALLOWANCE OR EARNINGS TO GIVE TO A WAITER AS AN EXTRA TIP.



## STEPPING OUT OF MY COMFORT ZONE

# Make Summer Fun

## August

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



- ▶ WEEK 1: INVITE SOMEONE TO PLAY WITH YOU AND YOUR FRIENDS AT THE PLAYGROUND OR IN YOUR NEIGHBORHOOD.
- ▶ WEEK 2: PASS OUT STICKERS TO CHILDREN WAITING IN LINE (AT A SUPERMARKET, THE AMUSEMENT PARK, AT AN ICE CREAM SHOP, ETC.).
- ▶ WEEK 3: LEAVE A BUBBLE SET ON A DOORSTEP WHERE YOU KNOW CHILDREN LIVE.
- ▶ WEEK 4: CREATE A TREASURE HUNT FOR A FRIEND!

WE DIDN'T REALIZE WE WERE MAKING MEMORIES;  
WE JUST KNEW WE WERE HAVING FUN.—A. A. MILNE





## STEPPING OUT OF MY COMFORT ZONE

# Learn Something New

## September

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



- ▶ WEEK 1: PICK TWO CLASSMATES AND LEARN SOMETHING NEW ABOUT THEM.
- ▶ WEEK 2: LEARN THE NAMES OF THE KIDS YOU OFTEN SEE AT THE PLAYGROUND.
- ▶ WEEK 3: LEARN A FEW NEW FACTS ABOUT NATURE.
- ▶ WEEK 4: LEARN HOW TO COOK A NEW DISH (THIS CAN BE A SALAD, DESSERT, OR EVEN A MEAL).

“GIVE INSTRUCTION TO A WISE MAN, AND HE WILL BE STILL WISER; TEACH A RIGHTEOUS MAN, AND HE WILL INCREASE IN LEARNING” (PROVERBS 9:9 ESV).



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# Try Something New

## October

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



- ▶ WEEK 1: TRY A FOOD THAT YOU'VE NEVER TASTED BEFORE OR THAT YOU DON'T USUALLY EAT.
- ▶ WEEK 2: INTRODUCE YOURSELF OR GREET SOMEONE YOU HAVEN'T YET TALKED TO AT SCHOOL, EVEN IF THEY ARE IN A DIFFERENT GRADE OR CLASS THAN YOU.
- ▶ WEEK 3: PLAY A GAME YOUR BROTHER OR SISTER WOULD ENJOY BUT THAT YOU DON'T USUALLY PLAY, TO LEARN HOW TO APPRECIATE WHAT THEY LIKE.
- ▶ WEEK 4: LEARN HOW TO DO SOMETHING NEW BY ASKING ONE OF YOUR PARENTS, OR A FAMILY MEMBER, OR A TEACHER TO INSTRUCT YOU HOW.

IF YOU NEVER TRY, YOU'LL NEVER KNOW WHAT YOU'RE CAPABLE OF.

—JOHN BARROW



## STEPPING OUT OF MY COMFORT ZONE

# Help Your Community

## November

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



- ▶ WEEK 1: PICK UP GARBAGE IN YOUR NEIGHBORHOOD OR AT A LOCAL PARK.
- ▶ WEEK 2: COLLECT CHILDREN'S BOOKS OR MAGAZINES FOR YOUR LOCAL LIBRARY OR A CHILDREN'S DENTAL CLINIC.
- ▶ WEEK 3: RAKE A NEIGHBOR'S LEAVES OR SHOVEL SNOW FROM THEIR WALKWAY OR SWEEP THE FRONT STEPS.
- ▶ WEEK 4: HELP OUT AT AN ANIMAL SHELTER OR OFFER TO WALK YOUR NEIGHBOR'S DOG.

"WHEN WE HAVE THE OPPORTUNITY TO DO GOOD TO ANYONE,  
WE SHOULD DO IT" (GALATIANS 6:10 ERV).



# STEPPING OUT OF MY COMFORT ZONE

## Spread Christmas Cheer

December

Year: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



- ▶ WEEK 1: DONATE ONE OR A FEW OF YOUR TOYS TO CHARITY.
- ▶ WEEK 2: EARN MONEY FROM CHORES AND SEND THE MONEY TO A MISSIONARY OR A CHARITY.
- ▶ WEEK 3: MAKE CHRISTMAS CARDS OR BAKE COOKIES FOR ANY ONE SERVICE GROUP (FIREMEN, POLICE, POSTMEN, NURSES, ETC.), AND THEN DELIVER THESE TO THEM.
- ▶ WEEK 4: MAKE A HOMEMADE GIFT FOR SOMEONE.

“SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS,  
AND ALL THESE THINGS WILL BE ADDED TO YOU” (MATTHEW 6:33 ESV).