

Foreword
Preface

Invite a Couple or Family of Another Race or Religion or Ethnic Group to Your Home for Dinner
Invite Two International Students to Your Home for Dinner
Help Someone Suffering from "The Worst Disease"
Schedule Two Television-Free Days and Nights
"You Get What You Give"
Register to Become an Organ Donor
Join a Church or Temple or Mosque
Join a Nonreligious Organization That Has the Potential to Do Constructive Things
Remember Robert Reid
Find an Issue about Which You Feel Strongly
Become a Human Outdoors Clean-Up Machine
Be an Earth-Saver
Follow the Example of Bill and Georgia Carson
Volunteer to Help an Adult Learn to Read and Write
Do Something Non Associated with your Day-to-Day Work
Visit a Nursing Home
If You're in Business...
Select a Developing Nation and Become Informed about It
Learn Another Language (or at Least a Few Phrases of It)
Encourage Volunteers for Overseas Assignments — or Take One Yourself
Don't Duck Your Civic Responsibility
Send \$25 to a Candidate You Support
Attend a School Board Meeting
Become a Giraffe!
Don't Be Too Pessimistic
Visit Someone in Prison or Jail — or Help in Some Other Way
Help a Prisoner Connect with His or Her Family
Working with Others, Help a Former Prisoner Find a Job
Remember the Most Valuable Gift You Have Outside of Good Health Is Time
Donate to Good Causes
Encourage the Arts
Listen to People
Help Preserve Your Community's History
Learn from Successful Leadership
Reflect, Pray, or Dream
Don't Say, "That Wouldn't Do Any Good"
Help Create a Sense of Community
Let Everyone Know We Have High Expectations of Them, Whether They're in Kindergarten, College, or Out of School
One of the Most Important Words in Your Life Should be: Volunteer
Learn to Respect the Views of Others
Convert a Non-Friend into a Friend
Keep Track of the Extra "Little Things" You Do Each Day to Make Life More Pleasant for Someone
Become Familiar with Those Who Are Impoverished in Your Area
Expand Your Base of Knowledge and Expand Your Circle of Friends
Become a Big Brother or Big Sister
Help Improve the Home of a Senior Citizen or Disable Person
Caring Should Result in Sharing
Be Sensitive about the Jokes You Tell and the Language You Use
Loyalty Sometimes Requires Action
Don't Fool Yourself
Don't Agonize over Decisions Already Made
Don't Let Age Be a Barrier to Doing Good Things, to Dreaming Endnotes

About the Author