Do!

Something Positive

Making a Positive Difference Every Day



A 12 MONTH POSITIVE HANDBOOK

R. Lee Moore, Sr.



A 12 MONTH POSITIVE HANDBOOK

www.Do**Something**Positive.org

DO SOMETHING POSITIVE
A 12-Month Positive Handbook

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Dedication

This book is dedicated to everyone who wants to make a positive difference—in their own life, in the lives of others, and in the world around them.

You don't have to do something big or extraordinary. A thoughtful word, a helping hand, an encouraging smile, or a simple act of kindness can make a difference.

Every day gives us another opportunity.

Do something.

Do something good.

Do Something Positive.

Be the Change.

DO
Something
Positive!

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“One thoughtful act
can inspire another.”



Introduction to DSP

Most of us want to make a positive difference. We want to help someone, improve ourselves, strengthen our families, encourage our communities, and make the world around us just a little better. Where do we begin?

Start with **Do Something Positive** (DSP). DSP is a simple year-round initiative built around one powerful idea: every one of us can do something positive. It doesn't have to be something big, expensive, complicated, or extraordinary.

A thoughtful word, an encouraging phone call, a kind gesture, a healthier choice, a creative idea, or a moment spent helping another person can make a difference.

The key word is DO.

Positive thoughts are wonderful. Positive intentions are important. But positive action is what creates positive change.

12-Months of Doing Something Positive

Each month of the year focuses on a different positive action:

January — Do Something *Thoughtful*
February — Do Something *Cooperative*
March — Do Something *Encouraging*
April — Do Something *Challenging*
May — Do Something *Generous*
June — Do Something *Comforting*
July — Do Something *Relaxing*
August — Do Something *Deliberate*
September — Do Something *Healthy*
October — Do Something *Creative*
November — Do Something *Kind*
December — Do Something *Spiritual*

These themes repeat every year because doing something positive isn't a one-time event.

It is a way of life.

Our Mission

The mission of **Do Something Positive** is to inspire, encourage, and equip people of all ages to intentionally make positive actions a part of everyday life.

DSP reminds us that we don't have to wait for someone else to solve every problem. We don't have to have a lot of money, influence, education, or resources to make a difference.

We can start with what we have, where we are, right now.

Our purpose is to turn good intentions into meaningful actions—one person, one choice, one positive act at a time.



The Benefits of Doing Something Positive

When we intentionally do something positive, we can:

- Strengthen our relationships with family, friends, neighbors, and coworkers.
- Become more aware of the needs of people around us.
- Develop positive habits that improve our own lives.
- Experience the satisfaction that comes from helping others.
- Improve our physical, emotional, social, and spiritual well-being.
- Encourage cooperation and a greater sense of community.
- Discover new talents, interests, and abilities.
- Inspire others to become positive difference—makers too.
- And perhaps one of the greatest benefits is this: positivity can be ***contagious.***

One thoughtful act can *inspire another*.
One encouraging word can *change someone's day*.
One challenging event can *strengthen someone's character*.
One generous gesture can *restore someone's hope*.
One creative idea can *solve a problem*.
One act of kindness can *be remembered for a lifetime*.

Your Invitation

This handbook isn't meant to simply be read and placed on a shelf.

It's an invitation to **DO.**

As you move through these 12 months, you'll find ideas, stories, encouragement, and practical suggestions to help you put each month's theme into action. Some actions may benefit others. Some may challenge you to become better yourself. Many will do both.

You don't have to change the whole world today.

Just start somewhere.

Start with someone.

Start with something.

Be the Change.

Do Something Positive

"One act of kindness can
be remembered for a lifetime."



Why I Do Something Positive?

by R. Lee Moore, Sr.



It was a typical late-spring day in Philadelphia in 1999.

Parked behind my house, in front of the garage, was my vintage 1979 Volvo 264—black with chrome trim. I loved that car. Unfortunately, it had become disabled and sat there waiting for me to decide what I was going to do with it.

The driveway was also a place where neighborhood children often gathered to play.

After the Volvo had been sitting there for weeks, it apparently became part of the playground.

At first, the damage seemed minor. Then, little by little, the kids began systematically dismantling anything they could get their hands on. The side-window shields disappeared. Then the windshield wipers. The side mirrors. Over the course of nearly three months, my once-prized Volvo was slowly being picked apart.

Every so often, I would hear the children outside and run to the door. “Get off my car!”

Other neighbors would yell at them too.

I even put a car cover over the Volvo, thinking that would solve the problem. It didn’t. The kids simply removed the cover and continued where they had left off.

I became increasingly frustrated.

What was the point of all this destruction? What possible purpose could it serve?

Week after week, my irritation grew into anger.

Then one day, I heard the children playing in the driveway again. Instead of immediately running outside, I quietly watched them.

As I observed their destructive antics, my anger got the best of me. I remember thinking that maybe I should grab a stick and give them the same treatment they had been giving my car.

I was angry—really angry.

But then I heard another voice.

Not from the driveway.

From within.

"Ron, really? They're kids, for God's sake! You don't want to do what you're thinking. You could seriously hurt somebody's child—and end up in jail yourself. Why don't you do something positive?"

Those words stopped me.

Do something positive.

Then I noticed that one of my side mirrors had been broken.

I rushed outside.

"Which one of you broke my mirror?" I demanded.

Immediately, several fingers pointed toward one boy who looked to be about eleven years old.

"He did it!"

I walked over, grabbed him by the arm and asked, "Why did you break my mirror?"

He simply shrugged his shoulders.

It was the kind of shrug that seemed to say,

I don't know. I really don't have a reason.

Still angry, I asked another question.

"Who is your father?"

My intention was simple. I was going to take him home, find his father and tell him exactly what his son had been doing.

But the boy's answer changed everything.

"I don't know," he said quietly.

My anger disappeared almost instantly.

I looked at him differently.

This was no longer just the kid who had broken my mirror. Standing in front of me was an eleven-year-old boy who couldn't even tell me who his father was.

The grip I had on his arm became a compassionate hug.

"Oh, my goodness," I said softly. "Well, where do you live?"

"Across the street," he replied sheepishly.

I walked him home and rang the doorbell. His foster parent answered.

I explained what had happened—the children playing around the car, the damage, and the broken mirror.

But something inside me had changed. Instead of demanding punishment, I found myself asking her to show him some leniency.

She apologized for what had happened and took him inside.

I assured her that although I was disappointed about the damage, the car wasn't operating anyway. A broken mirror could be repaired. There were things happening in this young boy's life that were far more important than my old Volvo.

We parted amicably, and I walked back across the street.

But I wasn't quite the same person who had walked over there.

I began thinking about everything that had happened during those previous months. I had spent all that time focusing on what those children were doing wrong.

"Stop that.

Get off my car.

Don't touch that. Leave it alone."

But I had never stopped to ask a different question:

What could they be doing instead?

And perhaps an even more important question:

What could I do to help?

That day I learned something that has stayed with me ever since.

It is easy to complain about what is wrong.

It is easy to become angry.

It is easy to point fingers, criticize people and demand that somebody do something.

But what if, instead, each of us asked ourselves one simple question:

“What can I do that is positive?”

Maybe we can’t fix every problem.

Maybe we can’t change everybody.

Maybe we can’t change the whole world.

But we can change what we choose to do next.

That encounter with an eleven-year-old boy taught me that doing something positive doesn’t always begin when we’re feeling positive. Sometimes it begins when we’re frustrated, disappointed, angry or ready to give up.

The positive part is the choice we make in that moment.

Instead of hurting, we can help.

Instead of condemning, we can understand.

Instead of merely complaining about a problem,
we can become part of the solution.

And sometimes, before we judge someone's behavior,
we need to learn a little more about their story.

That broken mirror caused me to take a good look at my own reflection.

And somewhere between an old black Volvo, a broken side mirror and an eleven-year-old boy who didn't know his father, an idea was born:

Do Something Positive.

What began as a thought in a Philadelphia driveway in 1999 eventually became a challenge, an initiative and a way of looking at life.

Today, the message remains just as simple:

When you see something wrong,
Do Something Positive.

When someone needs encouragement,
Do Something Positive.

When your community needs help,
Do Something Positive.

When you're tempted to respond negatively,
Do Something Positive.

And when you aren't sure what you can do, start small.

One thoughtful act.

One encouraging word.

One generous gesture.

One healthy decision.

One act of kindness.

One positive choice at a time.

That's what this book is about.

Over the next twelve months, we'll explore practical ways to make doing something positive more than an occasional good deed. The goal is to make it a habit—a way of thinking, responding and living throughout the entire year.

Because after all these years, I still believe what I heard within myself that day: "Ron, Do Something Positive!"

And now I'm extending that same challenge to you.

Be the Change.

Do Something Positive

JANUARY



DO SOMETHING *Thoughtful* MONTH

Thoughtful defined-

: absorbed in thought : meditative

: showing consideration for the needs of other people

: quiet because you are thinking about something

January is
Do Something Thoughtful Month

You don't need a big plan. You don't need recognition.

Just notice someone.

Then act.

Because thoughtfulness, especially when it's quiet, has a way of spreading.

As the new year begins, January presents a unique opportunity for reflection and action. Designated as "Do Something Thoughtful Month," this time encourages individuals to engage in acts of kindness and consideration. But what does it mean to be thoughtful?

At its core, thoughtfulness involves being aware of others' needs, showing empathy, and taking action to brighten someone's day. It can be as simple as a kind word or as significant as a community service project. Engaging in thoughtful acts can take many forms.

So, how can you participate in
Do Something Thoughtful Month?



The Month of the Quiet Gesture

January arrived without ceremony—no fireworks, no parades, just cold sidewalks and breath turning to fog. The holidays were packed away, and most people moved through the days on autopilot, heads down, hands in pockets, waiting for something warmer to come.

On Maple Street lived Mrs. Ellison, a woman most neighbors recognized but didn't really know. She was polite, always nodded hello, always waved. Since her husband passed the year before, her house had been especially quiet. The kind of quiet that echoes.

One icy morning, Jamal, a ninth grader who walked past her house every day on his way to school, noticed her newspaper untouched at the end of the driveway.

The snow around it was already crusted over.

He stopped.

He didn't know why, really. He was already late. But something nudged him. He picked up the paper, walked to her porch, and rang the bell. No answer. He rang again.

After a moment, the door opened just a crack.

"Yes?" Mrs. Ellison asked softly.

"You forgot your paper," Jamal said, holding it out.

Her eyes widened—not dramatically, just enough to show surprise. Then she smiled.

"Oh… thank you. I guess I did."

Jamal nodded and jogged off, thinking that was the end of it.

But it wasn't.

The next day, Mrs. Ellison left a small note taped to her mailbox:

Thank you for yesterday. You reminded me that I'm still seen.

Someone walking their dog paused to read it.

Later that afternoon, another note appeared beneath it, written in blue ink:

Glad you're here, Mrs. E.

The following morning, there was a third note. Then a fourth.

One neighbor shoveled her steps.

Another dropped off soup.

A child drew a picture and slid it under the door.

None of it was loud. None of it made the news.

But by the end of the month, Maple Street felt different.

January hadn't changed. Winter was still winter.

But something thoughtful had begun—one small choice, one quiet gesture, passed hand to hand.

And that was enough.

"One encouraging word can change someone's day."

Here are a few suggestions to inspire you to Do Something Thoughtful:

1. Write a Letter: In our digital age, a handwritten letter can feel incredibly personal. Write to a friend or family member, expressing your appreciation for them. This simple gesture can uplift spirits and strengthen connections.

2. Volunteer: Find a local charity or organization that resonates with you. Whether it's serving at a food bank, helping at an animal shelter, or participating in church or civic efforts, giving your time can have a profound impact on your community.

3. Random Acts of Kindness: Surprise a stranger with a small act of kindness—pay for someone's coffee, leave a generous tip, or donate items to those in need. These spontaneous gestures can create a ripple effect, inspiring others to do the same.

4. Check in on Neighbors: A quick call or visit to check in on elderly neighbors or those living alone can make a world of difference. Sometimes, knowing someone cares is all it takes to brighten a day.

5. Plant a Garden: Engage in environmental thoughtfulness by starting a community garden. This not only beautifies the area but also contributes to a healthier planet.

The Benefits of Doing Something Thoughtful

The benefits of doing something thoughtful extend far beyond the immediate impact on others. Engaging in thoughtful actions can significantly boost your own mental health. Studies show that acts of kindness release endorphins, leading to a sense of happiness and fulfillment. Moreover, fostering connections with others can enhance your social well-being, combatting loneliness and isolation.

As January unfolds, take a moment to reflect on how you can embody thoughtfulness. Whether through small gestures or larger commitments, your actions can create a wave of positivity. Remember, the smallest act of kindness can have lasting effects—on both the giver and the receiver. Embrace this month as a chance to spread goodwill and watch how it transforms not only your life but also the lives of those around you.

Do Something Thoughtful

Think About It, Write About It

Your Turn to Make a Difference!

Thoughtfulness begins when we recognize that someone else's needs, feelings, and experiences matter. Even the smallest thoughtful gesture can leave a lasting impression.

THINK ABOUT IT!

1. **When** was the last time someone did something thoughtful for you?
2. **What** thoughtful act have you done for someone without expecting anything in return?
3. **How** could you make thoughtfulness a daily habit?

YOUR VOICE MATTERS!

We invite you to share your thoughts, experiences, suggestions, and questions with the Do Something Positive community.

HERE'S HOW TO PARTICIPATE:

1. Visit our website: www.dosomethingpositive.org

2. CLICK THE BOOK! Selected contributions may appear on our website and in Volume 2, with your permission.

3. Share your positivity with others! Your experience could inspire someone else! Share your stories, suggestions, questions, or comments with our growing community.

COMING NEXT: FEBRUARY

Thoughtfulness helps us recognize the needs of others.

Cooperation allows us to work together to meet those needs.

Get ready to Do Something Cooperative!

February



Do Something Cooperative Month

Cooperative defined-

: marked by a willingness and ability to work with others

: involving mutual assistance in working towards a common goal

Epilogue

“One thoughtful act
can inspire another.”

Epilogue

One "Moore" Thing!

You've read the stories, considered the possibilities, and discovered twelve ways to make a positive difference.

Now it's your turn!

Remember, doing something positive doesn't require wealth, recognition, or extraordinary abilities. It simply requires a willingness to act.

A thoughtful gesture, an encouraging word, a generous spirit, or a simple act of kindness can change someone's day—and perhaps even their life.

But don't let the positivity end with the final page of this book.

Keep it going. Keep it growing. And most importantly, *keep sharing it!*

Visit **www.dosomethingpositive.org**, "Click the Book", and tell us about your experiences. Share your stories, suggestions, and comments. Your contributions may inspire others around the world and even become part of *Volume 2* of **Do Something Positive.**

Because your story matters. Your actions matter. And someone, somewhere, may be waiting for the encouragement only you can provide.

Be the Change. **Do Something Positive.**

YOUR STORY ISN'T OVER!

In fact, it may be just beginning.

We invite you to become part of a growing community of people committed to making a difference. Tell us what you've done, what you've learned, and how doing something positive has affected your life or the lives of others.

Your experience could be the inspiration for someone else's next positive action.



So, go ahead—turn the page, visit the website, "Click the Book", and share your positivity with the world!

One person. One action.

One positive difference at a time.

Regards,

R. Lee Moore, Sr.
Founder, Do Something Positive

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Do Something Positive:

A 12-Month Handbook

Making a Positive Difference Every Day!

What if making a difference could begin with one simple, positive action?

Do Something Positive: A 12-Month Handbook—Making a Positive Difference Every Day is a practical and inspiring guide designed to turn good intentions into meaningful action.

Each month introduces a positive theme—from being Thoughtful and Cooperative to Creative, Kind, Healthy, and Spiritual—along with stories, reflections, and simple challenges that encourage you to put positivity into practice.

You don't have to change the whole world. Start where you are, use what you have, and do what you can.

Be the Change. ***Do Something Positive.***



R. Lee Moore, Sr. is an author, storyteller, educator, and founder of the **Do Something Positive** initiative. Through his books, stories, and community-focused projects, he encourages people of all ages to turn positive thoughts and good intentions into meaningful action.

A Philadelphia native, Moore brings creativity, faith, life experience, and a passion for helping others to his writing. His message is simple: each of us has the ability to make a difference—one person, one action, and one day at a time.

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