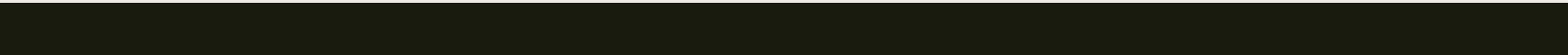


20/20 PROJECT



By Angie





#1 February 11th

My sister moved to Ottawa over the summer, so I decided to mail her a Valentine's day card with a little note on the back of it. When she received it, she was extremely happy, and she said it made her day.



#2 February 12th

I gave up my seat on the bus for an elderly woman who looked like she needed it more than I did. She was very thankful for this simple action which put a smile on both of our faces.



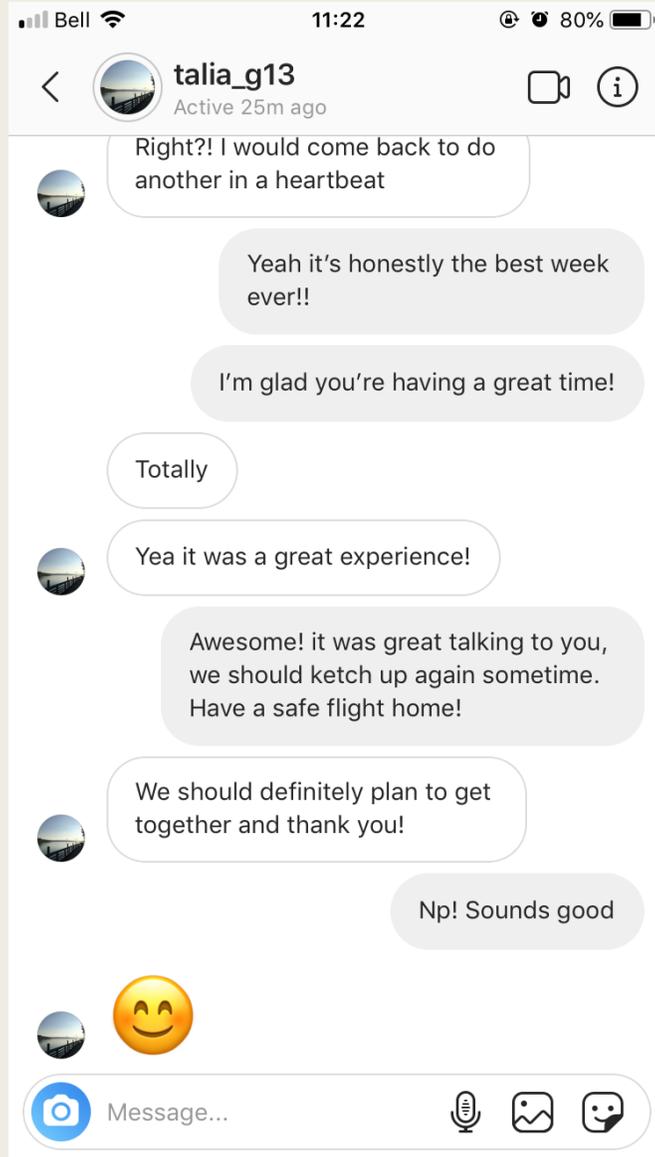
#3 February 13th

I purchased my friend one of her favorite chocolate bars. It was recently her birthday and to show some appreciation I bought her chocolate. She loved it and was so happy I gave it to her.



#4 February 14th

- My parents went out of town for the night, so I bought my brother and I pizza for dinner. He was extremely grateful he did not have to pay for it. It was a nice evening because we were both able to get along and enjoy the pizza with a movie.



#5 February 15th

All throughout elementary and middle school I had the same best friend but unfortunately, we had an argument and stopped being friends when we starting going to separate high schools. I have not talked to her in 4 years, so I decided to contact her. Our conversation went surprisingly well despite the nerves I had when messaging her. Reaching out to her made me feel good about myself and I hope she enjoyed our conversation as well.



#6 February 16th

My tenant moved out this weekend and had many items he needed put in the UHAUL truck. I offered my help and he was very grateful for it.



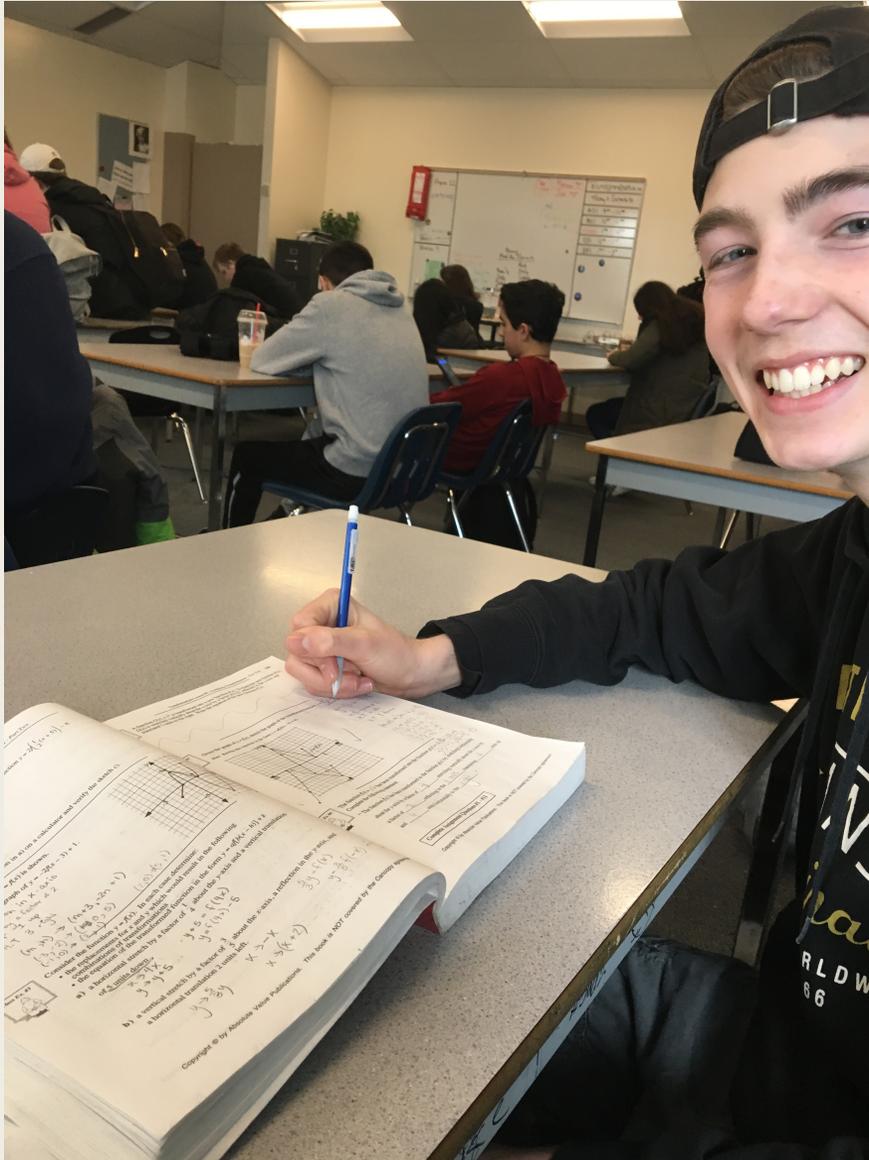
#7 February 17th

Since today is National RAK day and Family day, I decided to make my family a home cooked meal. My mom is always making dinner, so it was a great way to give her a break. My entire family really appreciated the food and we were all able to enjoy it!



#8 February 18th

I work at Hyde Creek swimming pool and always use the lockers in the change room. I decided it would be nice to leave my dollar in the locker for the next person to use, someone did this for me once and it made my day, so I thought I would return the favour to whomever uses that locker next.



#10 February 19th

- Joel and I have a math test coming up, so I helped him understand some of the math homework he was stuck on during our rap class today. He was very thankful for my help!



#9 February 20th

- My brother Nick and I always argue over who's turn it is to clean the kitchen. Nick was swamped with homework and was studying for a test, so I cleaned the entire kitchen, so it was clean for when my mom got home.



#11 February 21st

- Today during lunch my friend needed to microwave her food, so I got up to hold the door open for her. Although it was a small action, she really appreciated it.



#12 February 22nd

- This weekend my neighbors asked me to cat sit for them. I gladly said yes and at the end of the weekend they had left money on the counter for me. I politely declined the money as I told them to consider it as a friendly neighborly jester. They were very happy that I was able to look after their cat and thanked me again when I would not except the money.



#13 February 25th

- Today I washed my mom's car. Luckily, I did not have very much homework and my mom had been complaining about how dirty her car was for a while now, so I decided to wash it for her. She was very appreciative and excited to have it all clean.



#14 February 26th

- After dinner it was my turn to clean up which meant it was my brother's job to take out the garbage and composts. Rather than him having to do it, I offered to, and he was relieved because it is not a fun task.



#15 February 27th

- When walking home from school there is a field I walk across that always has garbage on it, so I decided to pick up as much as I could as I walked home, and I through it all in a proper garbage can. I was only able to pick up so much garbage, but I know even the slightest bit helps.



#16 February 29th

- This weekend I decided to go through my closet and give my clothing I no longer use to good will. I am happy I was able to give these clothes away to people that will get a better use out of them.



#17 March 1st

- My brother has been very happy lately because I have been doing some of his chores. Today I cleaned the bathroom for him even though I had other chores for myself to do. My brother is extremely appreciative as he is under a lot of stress with homework and exams.



#18 March 3rd

- Today in Leadership Evelina told me she was hungry, so I gave her my cliff bar. She felt much better after she had eaten it and was very grateful, I had extra food to give her.



#19 March 4th

- My brother was very stressed out because a lot of his clothes were at my dad's house, so I washed them and brought what he wanted to my mom's house for him to wear. He showed much appreciation as he was so thankful that I was able to do this for him.



#20 March 6th

- My neighbor is going out of town for this coming weekend and so they asked me if I could take out their garbage and green bin. I gladly helped them out and they were very happy to come back to empty bins after their weekend away.

Reflection



WE RISE
BY LIFTING
OTHERS

What impact has doing these good deeds had on you?

Doing these deeds everyday has created a positive outlook in my life. Every time I did a deed and caused someone to smile or feel less stressed by my actions, I felt a sense of accomplishment and joy seeing that I was making other peoples days a little better.

What impact has doing these good deeds had on others?

When doing my good deeds I was able to impact others whether it was just by putting a smile on their face or doing a few favours for them to make their lives a little easier. I noticed everyone I encountered was genuinely grateful for the good deeds I did for them and my hope is that I inspired them to do good deeds for others as well.

Reflection

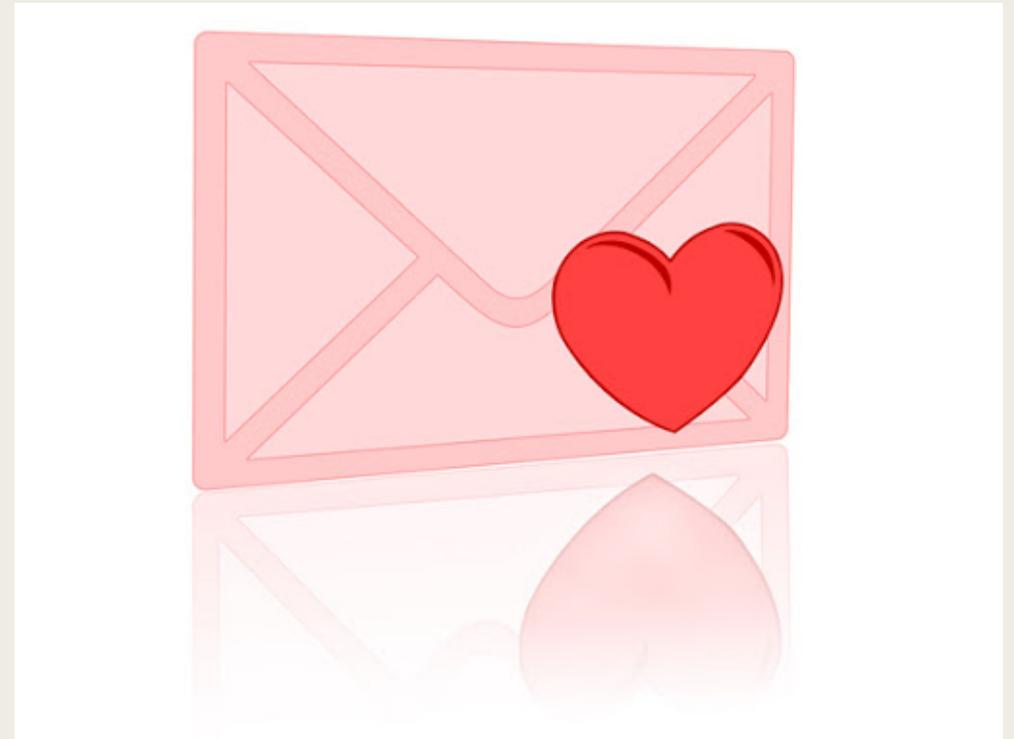
How could you encourage others to do this as a regular part of their life? How do you plan to incorporate more good deeds in your daily life outside of this project?

I am aware this assignment is late, so to answer the question I will explain what I have already done to encourage others to do good deeds. First of all, I told all of my friends and my family members about this project and how it truly made me feel great when I did a good deed for someone else. These past few months my brother and I have had an excellent relationship. I had continued to do things for Nick like doing his laundry or helping him clean his car and as a result he has been doing kind things for me too. Doing these good deeds for him has been a great way for me to have incorporated good deeds into my daily lifestyle. Due to quarantine it has been difficult for me to get out and do more good deeds for other people, but luckily I was able to spread a little joy from my in-home and beyond home “Track Your Impact Project”. For now I am continuing my in-home and beyond home plans as a way to spread positivity, however, once quarantine is over I look forward to doing good deeds in my community in as many ways as I can.

Reflection

Which good deed did you prefer doing? Why?

My favourite good deed that I did was the very first one when I sent a Valentines Day card to my sister. I had never sent mail before so it was a fun experience and I figured it would be much nicer than sending her a text message. My sister Julia loved receiving the card and it made me so happy that I made her day. This was certainly the most meaningful deed I did which is why I really enjoyed doing it.



**BLACK
LIVES
MATTER**



Reflection

Could you turn one of these good deeds into a large act of kindness/service? Alternatively, is there another good deed that would interest you in doing for a large act of kindness-service?

A larger act of kindness I am interested in doing is spreading awareness/fundraising for the black lives matter movement. This would include multiple steps such as spreading the word, educating more people and attending protests. My ultimate goal would be to donate as much money as I can and to encourage others to donate to the black lives matter movement as well.