



20 THINGS I, _____, CAN DO TO HELP MAKE 2020: THE YEAR OF WORLD KINDNESS

20 THINGS 2 SUPPORT 2020

Congratulations on taking the first step in helping support PAK's "2020: The Year of World Kindness" Initiative and the One Planet - One People movement. Spread the news 5x on Social Media posts. Be sure to add in our web address: PlannedActsOfKindness.Org

☐ COMPLETED: _____

PAKs in 2020: # _____

Be the change you want to see. Make an action statement. How many Planned Acts of Kindness will you pledge to do in 2020? Maximum is seven weekly. Multiply your number (say 4) by 50 and 200 is your answer. Record your pledge on our site and spread the news 5x Social Media.

☐ COMPLETED: _____

THE KARMA CONSTITUTION

Read The Karma Constitution under the Mission menu tab on PlannedActs.Org. Add your name to the list of supporters and ask others to do the same. Share 5x during the day on Social Media (dtd-SM).

☐ COMPLETED: _____

CIVILITY CHALLENGE PLEDGE

"I hereby make a PAK to treat others with respect & kindness & to go through life from this day forward acting towards others as I would wish to be treated myself." — At end of the video, say your first name, city, country & PlannedActs.Org. Share 5x during day on Social Media.

☐ COMPLETED: _____

JOIN THE KARMA CLUB

What's free and gives you a warm buzz when you participate? You got it. So sign-up today in PAK's Karma Club and start hitting your monthly achievement goals. Do two of the four daily Karma Club achievements to earn your credit: Daily PAK, Engagement, Volunteering, Support.

☐ COMPLETED: _____

BONUS:

Get four or more of your family, friends, co-workers or classmates together and start a "One Planet-One People" Club. Do in your club, community, workplace, team, org., church/temple, school or your social media community. "If we want to see a change, the change starts with us."

☐ COMPLETED: _____

KINDNESS SHARED STORIES

Share a video story of how a Planned Act of Kindness changed your life; whether it was something you did for someone else, or someone else did for you. At end of the video, say your first name, city, country & PlannedActs.Org. Share 5x during day on Social Media. Send to PAK.

☐ COMPLETED: _____

VOLUNTEERING 101

PAK's mission is to provide Quality of Life for millions of people all over the world regardless of nationality, race, religion, gender, age, health, education or income. To accomplish this we need your help: Volunteer a couple of hours & inspire people to join the Karma Club! SM share.

☐ COMPLETED: _____

WE WANT TO KNOW ...

What do you think is a major problem in the world and what needs to be done to help solve it? This is such an important question, yet how few of us are ever asked. Well, we're asking & we feel your answer is so important we want it on video. You know the drill, add info, share 5x. Send in!

☐ COMPLETED: _____

AROUND THE WORLD

List the different languages people you know speak & ask them to take the PAK Kindness Pledge in that language. Record it along with their first name, where they are from (learned the language) & PlannedActs.Org. We'll add it to our on-line One Planet - One People world map!

☐ COMPLETED: _____

TO ACT OR NOT TO ACT...

Play an Instrument? Sport? Dance? Sing? Act? Make Art? Photography? Videos? Get creative & show what you've got. Subject: Any PAK program to make the world a better place! Talent NOT required! Share 5x & send video to PAKpsas@gmail.com. You just might become more famous!

☐ COMPLETED: _____

BONUS:

"Host & Post" Daily PAKs to spread kindness to your audience & in return PAK shares your logo, name & link. Enhance your goodwill, grow your audience & better the world. All you need is a website, media presence or audience. You can record daily PAK videos. Share on SM.

☐ COMPLETED: _____

A SHORT SURVEY

Completing your Engagement Survey is a great way to provide PAK with a brain boost. You know a lot. And we know we got a lot to learn. So what better place can there be but learning from you? So please share & be as detailed as possible. We really do want to know. Thank you!

☐ COMPLETED: _____

VOLUNTEERING 201

Just as it takes all the vowels working together to make words flow, it takes all of these — Outreach, Engagement, Inspiration, Action & You — working in concert to make things happen on a larger scale. Introduce PAK programs to your school, church/temple, org, company. Share w/ us.

☐ COMPLETED: _____

CELEBRITY CONNECTIONS

Are you a connector? An influencer? Or just someone that wants to make things happen in a big way? Pick 3-5 big names: Celebs, athletes, musicians, politicians, business leaders, the Pope. Reach out on SM with a personal story about PAK & ask them to share on their Social Media.

☐ COMPLETED: _____

16 THINGS BOOK SERIES

16 problems we face on subjects (like Sustainability or Kindness) & two experts per problem that explain why & what we need to do to fix each problem. Books used in 8-12 week peer workshops to build quality relationships & strengthen community. Share 5 libraries.

☐ COMPLETED: _____

PAK MASTER COURSE

Courses in Civility, Social Responsibility, Volunteerism & Global Citizenship with 3 classes per course. Ideal for individuals or groups including clubs, teams, schools, orgs, agencies & businesses. Courses will be offered on-line with action plans. Share with 5 groups.

☐ COMPLETED: _____

BONUS:

In 2020, PAK plans to host Summits in NY, DC, Beijing, New Delhi, Rome & other cities to engage, educate & inspire people to action around the world. Volunteers are needed from all over the world. Help spread the word on SM & get others involved. #tsourplanet

☐ COMPLETED: _____

SUSTAINABILITY PROGRAMS

Whether you're an individual engaged on the grassroots level or in a group, PAK's Sustainability Program is designed to help you make a difference. Compete in 16 action areas, get recognized, earn rewards. Learn more on-line. Recommend to 3-5 clubs, teams, schools, orgs, corps.

☐ COMPLETED: _____

VOLUNTEERING 301

Think about something you do professionally or personally that you enjoy. Now, how would you apply that as a PAK volunteer? Spend some time brainstorming & 4-6 implementing. Then drop us a detailed note with what you've done. We'd love to hear about it & see results!

☐ COMPLETED: _____

"BE THE HERO" VOLUNTEERS

Families, clubs, teams, schools, orgs, agencies & companies sign-up in PAK's Social Responsibility Program. Individuals complete in four achievement areas (daily PAKs, engagement, volunteerism & support) & earn recognition & rewards on monthly basis. Introduce to 3-5 groups.

☐ COMPLETED: _____

ONEPLANET-ONEPEOPLE.COM

The world is in crisis: climate change, pollution, pandemics, terrorism & war. In 10-20 years the tipping points won't matter, they will have already passed. Be the hero & partner with people around the world to save humanity as you battle for the survival of the human race. Share 5x SM.

☐ COMPLETED: _____

THEWORKINGDEAD.US

Learn financial literacy & planning based on tax code set up by the rich for the rich. How Custom Benefits Plans provide Safety, Growth, Protection & Penalty-Free & Tax Free withdrawals at any age. Key to financial planning not how much you make, but how much you keep. Share 5x SM.

☐ COMPLETED: _____

BONUS:

PAK Founder & Executive Director, Lyle Benjamin is a certified Public Speaker & can address groups large & small on subjects including Civility, Climate Change, Living Longer Happier Lives, the One Planet - One People movement & more. Learn more & share with 5 groups.

☐ COMPLETED: _____

NOTES: GO TO WWW.PLANNEDACTS.ORG/THE-POWER-OF-ONE/ FOR INFORMATION, LINKS & SUBMISSION FORMS. POST YOUR 20 THINGS TO DO ACTIVITIES & ACHIEVEMENT CALENDAR IN PLAIN SIGHT. EARN YOUR CERTIFICATE & REWARDS: 30 DAYS: CHAMPION • 60 DAYS: CRUSADER • 90 DAYS: ADVOCATE. BONUS ACHIEVEMENTS CAN BE USED TO REPLACE ANY 20.
STARTED: _____ COMPLETE: _____ CERTIFICATE EARNED: _____

PLANNED ACTS OF KINDNESS.ORG

MAKING THE WORLD A BETTER PLACE, ONE PAK AT A TIME!