



31 Day Civility Challenge

www.civilityexperts.com

<p>Day 1</p> <p>Hello!</p> <p>Say hello to five people today.</p>	<p>Day 2</p>  <p>Smile often at others.</p>	<p>Day 3</p> <p>Be courteous on public transit and offer your seat to an elder or someone in need.</p>	<p>Day 4</p> <p>Remember to say Please and thank-you.</p>		
<p>Day 5</p> <p>Make eye contact with people.</p>	<p>Day 6</p> <p>Monitor the volume of your ipod or radio.</p>	<p>Day 7</p> <p>Treat others with kindness.</p>	<p>Day 8</p> <p>Try to remember people's names.</p>		
<p>Day 9</p> <p>Offer constructive feedback in the form of a compliment sandwich.</p>	<p>Day 10</p> <p>Introduce those around you.</p>	<p>Day 11</p> <p>Eat in the lunch room and be social.</p>	<p>Day 12</p> <p>Be proud of your appearance. Dress nicely.</p> <p>Day 13</p> <p>Share the sidewalk.</p>		
<p>Day 14</p> <p>Hold the elevator door open for others.</p>	<p>Day 15</p> <p>Be patient with others.</p>	<p>Day 16</p> <p>Keep your work area clean.</p>	<p>Day 17</p> <p>Make personal phone calls in private.</p>		
<p>Day 18</p> <p>Close your mouth when you are chewing and use a napkin.</p>	<p>Day 19</p> <p>Don't interrupt others.</p>		<p>Day 20</p> <p>Be outgoing and introduce yourself to others in social situations.</p>		
<p>Day 21</p> <p>Make sure to always use a positive tone.</p>	<p>Day 22</p> <p>Don't litter.</p>	<p>Day 23</p> <p>Replace empty toilet paper and paper towel rolls.</p>	<p>Day 24</p> <p>Avoid profanity.</p>	<p>Day 25</p> <p>Clean up your own mess.</p>	<p>Day 26</p> <p>Set a positive example for others.</p>
<p>Day 27</p> <p>Include your co-workers in conversations.</p>	<p>Day 28</p> <p>Leave a fair tip when dining out.</p>	<p>Day 29</p> <p>Turn off your cell phone during meetings.</p>	<p>Day 30</p> <p>Hold the door for others.</p>	<p>Day 31</p> <p>Repeat!</p>	

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