

101 Ways Women



Can Change the World

By
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With Cheryl Clift

For
Together We Can Change the World

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101 Ways Women Can Change the World

From the Author:

Women are powerful. Whether their influence is felt in the corporate world, the classroom, or the home - it is real and it makes a difference.

This e-book is a celebration of women and we offer 101 ways they can use to change their corner of the world.

Never underestimate the power of a determined woman. She can be courageous, passionate, intellectual, intriguing, spontaneous and very patient.

I hope you'll use this book and pass it along to women you know and love. They deserve every kindness and encouragement you send their way!

If you have ideas that are not in this e-book, please forward them to me at sandi@togetherwecanchangetheworld.com.

Thank you!

Sandi Valentine

**This book is our gift to you
because we believe that
*Together We Can Change The World!***

For more free E-books, E-cards, and
Prints please visit us at
<http://www.TogetherWeCanChangeTheWorld.com>

**5 Million For Change!
&
5 Million Students For Change!**

Together We Can Change The World, Inc. has created the 5 Million For Change Campaign to mobilize a force of good that will sweep across the globe and create true sustainable CHANGE on every continent.

It's not just enough to say you want to help create CHANGE - you have to have the resources and tools to do just that. The Together We Can Change The World Association has created everything you need - giving it to you totally FREE as our contribution to CHANGE.

14 E-books in the 101 Ways Series

More books through Together We Can Change The World Publishing

Powerful Movies & Songs

E-Cards

Personal Online Shopping Mall

Beacon of Light Cards

Prints & Posters

Will you RAISE YOUR HAND and become part of 5 Million For Change or 5 Million Students For Change??

www.5MillionForChange.com

www.5MillionStudentsForChange.com

The 5 Million For Change Pledge is on the next page:

5 Million For Change Pledge

I raise my hand for 5 Million For Change.

I will take time TODAY to make a difference in
the world.

I will take time TODAY to do one thing – for one
person.

I will take time TODAY to spread some love &
caring in my world.

One thing – TODAY.

EVERYDAY!

Nothing is too small. Nothing is too big.

It is only important to take Action.

I will take time TODAY – to ACT – to create
CHANGE!

101 Ways Women Can Change the World

1) **Volunteer in a local hospital's Pediatric Ward.** There's nothing quite like a woman's touch when it comes to soothing an upset child or holding a baby. Your presence could mean all the difference to a frightened child or infant.



2) **Celebrate a nationally observed day like Grandparents Day** by taking an elderly or homebound woman to lunch or a community gathering celebrating the day. Women sharing with women can bring out the best in us.

3) **Set an hour or evening aside each week** to help refugees or immigrants learn English. Contact your local college or school district for information about such a program in your area.

"Life is what we make it, always has been, always will be."
~Grandma Moses (1860-1961)

4) **Donate a free mammogram every day.** Every day you can go to www.thebreastcancersite.com and click on the pink "Fund Free Mammograms" button. After clicking on the button, you'll be taken to a page with ads on it - 100% of those ad dollars go to pay for mammograms for uninsured or underinsured women. On April 18 the clicks on the button funded 6.3 mammograms for underprivileged women. It costs you nothing - but time.

5) **Make a speech.** You are an expert on your personal experiences. Share them with others at a moms club or other group. Not only will you inspire others, you'll help your self-esteem, too!

6) **Join a women's blog or discussion group online.** Women are always looking for ways to make their lives easier and more effective. Share your thoughts and expertise with others. You just might learn a few things yourself! (But be safe - never divulge personal information about yourself.)

7) **Help a child who's suffered abuse or neglect.** Become a Court Appointed Special Advocate (www.nationalcasa.org), which involves reviewing a case, and recommending to the court what you believe is best for the child. No legal expertise is required.

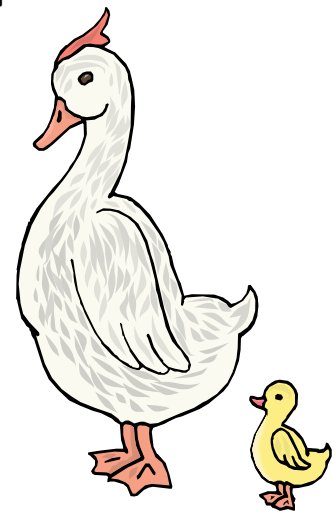


8) **Donate past issues of a Women's magazine** to a local women's prison or women's shelter. There's something special about reading other women's stories and ideas - especially if you're in a difficult situation. It gives your spirit a lift and lets you forget your troubles for a while.

9) **Help sort and fold clothing.** Your local emergency shelters always need help. Find out if you can donate some time once per month sorting and folding clothing or food. And if you have older children who can help, bring them along. It's good for them to learn about helping and giving to others while they're still young.

10) **Join people across the world on Together We Can Change The World Day.** The first Saturday of every month is TWCCTW Day. Go to www.togetherwecanchangetheworldday.com and see if there is a project you can join in your area. If there isn't one - why not start one and list it there? Or add the projects you're already participating in. It's free to register and it's also free advertising for your group!

11) **Go to a children's zoo or a park where feeding animals is allowed.** Take extra animal food to share with another family so they can enjoy feeding the animals, too.



12) **Organize the clean up of the yard of a neighbor.** Perhaps they are no longer able to work in the yard, or they are ill, had surgery recently or have had a family emergency. Women have great organizational and people-skills - put them to use for a deserving neighbor.



13) **Bake your favorite dessert or treat** and take it to the nearest police or fire station. They can't hear "thank you" too many times for putting their lives on the line for us every day.

14) **Help feed the hungry every day.** Every day you can go to www.thehungersite.com and click on the orange "Help Feed the Hungry" button. The ads from the sponsors you see go to the hunger relief efforts of Mercy Corps and America's Second Harvest. One click helps feed the hungry with the value of 1.1 cups of staple food. On April 18 -- 147,855 cups of food was raised because of the clicks people made. It costs you nothing - but time.

15) **Get your kids (or kids you have influence over) to write thank-you notes** to people who have given them gifts or spent time with them. Children need to learn how to sit down and write a thank you note (even if they can't write - they can "make a pretty picture and you can write the note). Provide pieces of paper and envelopes that the kids can customize. "Homemade" is always better than store bought! And it's okay if the thank you comes a long time after the fact. It's never too late to say thank you! (Be sure to join along -- example is the best teacher.)



16) **At Thanksgiving Time (or any time for that matter) gather your family together and have a "thank you" party.** Create customized cards or notes thanking some of the people who have made a difference in your lives (grandparents and other relatives, babysitters, teachers, pastors/priests, gardeners, trash collectors, CPAs, doctors, nurses, etc.). Use computer templates, cut out magazine pictures, or let your imagination take over! Help each other with ideas and then mail all the letters at the same time.

17) **Gather some friends/neighbors together and discuss your community.** Make a list of the best things in your town - where to shop, restaurants, theaters, parks, nearby attractions. Include things to do that don't cost anything, too. Have someone take notes and compile the list. Then when someone new moves into your neighborhood, take it to them with a "welcome" plate of cookies.

"The true republic: men, their rights
and nothing more: women,
their rights and nothing less.
~Susan B. Anthony (1820-1906)

18) **Speaking of lists for new neighbors** - include the non-emergency telephone numbers for the police department, fire station, local schools, and library, as well as plumbers, gardeners, and handymen that you'd recommend, etc. And include your own names, addresses and phone numbers so they can contact you if they have a question or need help. A city or regional map would be a nice gesture as well.

19) **If you don't have one, start a Neighborhood Watch group.** Your local police station can help you get started and provide you with all kinds of information for speakers, etc. This is a great way to get to know your neighbors and make your street a safer place.



20) **Leave a bouquet of flowers or a potted plant on a neighbor's front doorstep.** Do it anonymously. It will make them feel very special and add a touch of anticipation to their days as they wonder who did such a nice thing! Kindness is contagious - watch and see how this one act of kindness multiplies.

21) Tape a small "Just Because" paper bag to the inside of each family member's door. Put an encouraging note or treat inside for them to find when they wake up each morning.

22) Organize a spring or fall clean-up project. Women tend to be very good at organizing and delegating. Choose a littered area, a homebound neighbor's home, a convalescent hospital or a homeless shelter that could use the extra help. Offer your group for a Saturday (or two) to help wherever the need is.



23) Help fund healthcare for children every day. Every day you can go to www.thechildhealthsite.com and click the blue "Find Healthcare For Children" button. Each click helps prevent life-threatening disease, restore vision to blind children, and enable child amputees to walk. On April 18 visitors who clicked the button helped 1,586 children get and stay healthy.



24) Offer to help an elderly or disabled neighbor put the trash cans out on trash pickup day. Enlist your kids (or older kids in the neighborhood) to help. Learning to give small gestures of help to others helps create big hearts. Be sure to go back and put the emptied trash cans back.

25) Adopt one of the entrances to your neighborhood. Gather some friends or neighbors (or your immediate family) and have a Saturday morning weeding-clean-up party as needed to keep it clean and inviting. Bring refreshments and make it a fun gathering.

26) Start an "adoptive grandparents" program at a senior center or retirement residence where school kids can come for tutoring or just being with an adoptive grandparent. Some children rarely see their grandparents and have not experienced the wealth of stories and wisdom our elders offer.

27) Put your hands to work while relaxing in front of the television. Crochet, knit or sew crafts or items such as baby blankets or lap robes and then donate them to senior homes, homeless shelters or safe houses for abused mothers and children.

28) Collect stuffed toy teddy bears for your local police station or trauma center. Teddy bears are often given to traumatized children. Once collected, have a neighborhood gathering and invite the receiving organization to accept the bears and speak to your group about the importance of their teddy bear program.



29) If you write or work in a Human Resources Office, offer to write a resumé or cover letter for a friend or neighbor who has lost a job.

30) You can also call your local High School and offer to teach a session on how to write a resumé or cover letter. High school students are at the age of seeking employment and this is something each of them will do eventually. You can also share what employers are looking for and what to include or avoid in their resumé.

"Love is doing small things
with great love."

~Mother Teresa (1910-1997)

31) While you're teaching about resúés, why not do a role-play with the teacher or a willing student? You can bring the questions an employer asks and let the other person interview you. Seeing an interview in action is a great learning experience. Allow the students to ask you questions and make comments.

32) Start a collection of cartoons, pictures, and anecdotes that make you smile. Whenever you hear of someone who is ill or in need of cheering up, make a photo copy of an appropriate selection and send it to him or her in a card.



33) When waiting for service where you take a number, trade numbers with someone who has a small child, is physically upset or in a hurry, or is having some kind of difficulty. This simple act of kindness can change the entire atmosphere around you and start a chain-reaction of similar kindnesses.

34) Put up "Kindness Zone" or "Kindness Practiced Here" signs and banners. Put them by your desk at work, in the break room, at the entrance of your house, etc. to remind people to think and act with kindness.

35) Gather some friends and go out for a "Random Acts of Kindness" evening. Let the situations you find yourselves in dictate the needed kindness. Be spontaneous. Have fun!

36) Call someone you know who doesn't drive and invite him or her to go for a drive, lunch, a movie, or window shopping at the mall. Often the loss of a driver's license means the loss of independence and results in being homebound. Inviting them to get out every now and then - even for a short time - can make all the difference.



37) Carry inexpensive pocket-sized rain ponchos in your car and hand them out to pedestrians caught in an unexpected rain shower. Your kindness will most likely trigger many more throughout the day.

38) **Just read a book you enjoyed?** Why not send a note of appreciation to the author. Then pass the book on to someone else, donate it to a senior center, homeless shelter, or your local library.



39) **Volunteer 5-10 minutes to a hotline from your home.** Many agencies offering hotlines will train you and appreciate the extra help. It is especially helpful if you volunteer for an agency that has helped you in the past. The best "ears" are the ones who have been through the same thing as the caller has.

40) **Are you a member of a local service club or organization?** Organize a pamphlet distribution campaign and help them get the word out about what they do and how they help others.

41) **Speaking of pamphlets.** If you can design professional-looking brochures and flyers, offer to create some for your church, club, PTA or organization.

42) **Volunteer to read to kids.** Does your community have a YMCA, library, bookstore with a children's section, community center, homeless or abused shelter or after-school children's program? Most need volunteers to read to the children. Studies show that children who are read to do better in school - and life!



43) **Volunteer to read to folks in a hospital, convalescent hospital or senior residence center.** Sometimes reading is too much of an effort or perhaps old age or disease has adversely affected their vision. If you're reading correspondence from their friends or family, why not bring along some stationery and a pen so you can write a response!

44) **Help repackage surplus food.** America's Second Harvest (www.secondhavest.org) repackages surplus food donated by the nation's growers, manufacturers, distributors, and retailers for use at food pantries and emergency centers. Gather some friends, or solicit your study group or women's organization to help out several times a year.

45) **Invite a single mom and her kid(s) to join you for lunch.** Let it be your treat - at a restaurant, or a picnic in the park! Having some company and help with the kids, even for a short time, is a great relief for single parents.

46) **Speaking of helping single parents.** Offer to babysit for free so he or she can run errands, go to the doctor or just have some quiet time alone.



47) **Go on a short-term mission project.**

Many churches and organizations have week-long (or longer) projects in other countries and even within the United States. Search for "short term missions trips" in your favorite search engine and see what comes up.

48) **Consider giving a different kind of gift to someone you love.**

Instead of another knickknack or gift they'll never use, give your friend or family member a gift of life. Purchase an animal through Heifer Project International (www.heifer.org) and make a difference. Or gather several families together and purchase several animals, or a more expensive one. It's money very well spent!

"Surround yourself with only people who
are going to lift you higher."
~Oprah Winfrey (1954 -)

49) Let America's military know how much you appreciate them.

Whether you agree with the war or not, many have put themselves in harm's way 24 hours a day, 7 days a week for the freedoms we enjoy. Visit AnyServiceMember.Org (www.anyservicemember.org) and post a message of appreciation, which will be read by military personnel around the world.

50) Make a Kindness Memory Book. Collect stories from family members about kind acts they did or received. Write the stories down and create a scrapbook. Add pictures if available. Take the time every so often to go through the scrapbook with your family to remember the many kindnesses that have touched your lives. If the people are still living, write them a quick note of thanks.

51) Keep those Christmas cards. Put them in a basket and put the basket on your desk or family dinner table. Every day take the top card and send that person or family a note, e-mail or give them a telephone call - "just because." Put the card on the bottom of the pile.

52) Join the Peace Corps (www.peacecorp.gov). You must be 18 years of age but there is no upper age limit. The oldest Peace Corps Volunteer was 86! You don't have to know another language, nor do you have to have a four-year college degree (but it does help your chances). For some programs work experience, relevant skills, and/or a community college degree can qualify you.



53) Choose a family having a difficult time.

Begin collecting items in the fall to create a Christmas basket for them. Every time you go to the grocery store pick up a few extra staple (non perishable) items. If you purchase items in bulk, put aside one item in the basket. Try to have two gifts per family member. When it comes time to deliver the basket, wrap everything in gift-wrap. Make sure the family is home. Leave the basket on their doorstep, ring the doorbell and run!

54) **Help fund books for kids every day.** Every day you can go to www.theliteracysite.com and click on the red "Fund Books For Kids" button. A daily click helps children in need discover the joy of books. On April 18 the visitors who clicked on the button helped 863.9 children get a free book of their own. It doesn't cost you anything - but time - and a click of your mouse!

55) **Organize a neighborhood rummage sale for charity.** Have everyone on your street agree on a Saturday and/or Sunday for an all-street rummage sale. Determine ahead of time as a group how much of the money collected will be donated, and to which charity.

56) **Create photo albums or scrapbooks as gifts.**

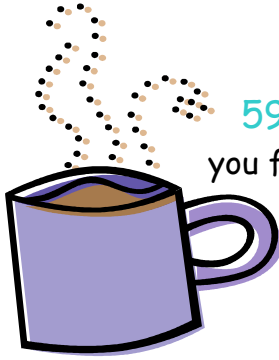
Instead of purchasing gifts, keep your camera ready all the time. Click those spontaneous photos throughout the year of family and friends. Keep them organized by person or family. When birthdays, anniversaries, graduations, and weddings roll around - create a one-of-a-kind album or scrapbook. This gift will be remembered and appreciated for a very long time.



57) **Give "roses to the living."** When an employee does a good job, get their name and find out who their supervisor is. Write a note of appreciation letting the supervisor know what a great employee they have and what he or she did to impress you.

*"Learn to get in touch with the silence
within yourself and know that
everything has a purpose."
~Elisabeth Kübler-Ross (1926-)*

58) Leave enough money in the vending machine for the next person to get a free treat. Or write "Use this to treat yourself - you deserve it" on a 3x5 card and tape the correct change to it. Then tape it to the vending machine. Little surprises like that can change someone's entire attitude about their day!



59) Give away a free cup of coffee. The next time you finish your punch card for a free cup of coffee, give it to someone in line. Or ask the cashier to give it to someone who might need it.

60) Create or donate floral arrangements. Take them to a fire or police station, nursing home, senior center or a neighbor who can't get out any more. Flowers brighten a room and peoples' moods.

61) Offer to speak at your local Chamber of Commerce. Women's voices need to be heard in the business world. Let yours be one of them.

62) Teach a free class at the local YWCA or YMCA. Are you good at Jazzercise or dancing? How about one of the Art mediums? Or maybe you're gifted in cooking or a particular Craft like scrap booking or knitting? Share your expertise with others - it not only helps them, it benefits you as well!



63) Offer to start or assist a club at the local high school. Many high schools have clubs that meet during lunch or after school. Would you like to help our future generation gain new practical skills they can use once they're out of school? How about starting or assisting in a club that teaches kids different organizational skills, or how to do comparative shopping and save money, or design their own cards and stationery?

64) **Do you speak a second language?** Donate a few hours a week or month at a school, hospital, dental or medical office that might need translators.

65) **Another idea if you speak another language is to offer to speak to a language class.** Having a guest speaker in a high school or college language class can give the students a whole new appreciation for the language and its culture. If you've traveled to (or have lived in) the country using that particular language, share your personal experiences. Open up a new culture and love of travel to students.

"The whole of life, from the moment
you are born to the moment you
die, is a process of learning."
~Jiddu Krishnamurti (1895-1986)

66) **Are you gifted in the area of organization?** Can you look at a room or an office and know exactly how to get it organized? Do you have ideas on how to make a specific area more work-efficient? Share your skills with others - offer to speak at a women's group, a high school class or the YMCA.

67) **Have you done a lot of traveling?** Why not share your experiences with others? Volunteer to share your insights at a school, club, or other organization. Sharing your positive experiences with others will encourage them to travel as well. It also opens up new ways of seeing our country and the world.



68) **Clean out your closets, attic or garage.** Donate the items to a local shelter or sell them and give the money to your favorite charity. Better yet, challenge several of your friends and see how much you can raise together!

69) **Give the gift of life.** Visit www.givelife.org (American Red Cross) and find out where you can donate blood. You can also find out how to sponsor a blood drive. Just in the few moments it took to write this idea, 75 people needed blood.



70) **Have more money than time?** Send an anonymous donation to a neighbor or friend who is unemployed. Ask at your place of worship, a safe house, or work place, etc. if they can act on your behalf.

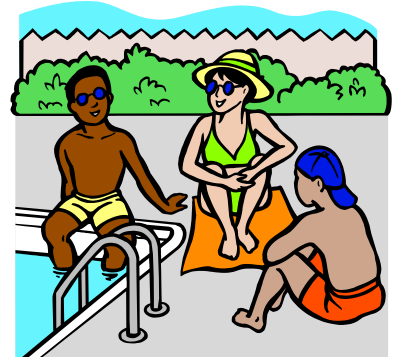
71) **Send an encouraging note or e-Card to a friend who is struggling at work or with a relationship.** Some very unique e-Cards can be found at www.TogetherWeCanChangeTheWorld.com.

72) **Help preserve endangered land every day.** Every day you can go to www.therainforestsites.com and click on the green "Preserve Endangered Land" button. Your click will help preserve 11.4 square feet of endangered rainforest. On April 17 those who clicked on the button protected 1,017,826 square feet of endangered land. It's free - only costs you some time and a click of your mouse!

*"No one can make you feel inferior
without your consent."
~Eleanor Roosevelt (1884-1962)*

73) **Deliver meals to the homebound.** Meals On Wheels is always looking for people to donate a few hours each month to deliver meals to folks who can't get out any longer. You just might make some new friends! Go to their website at www.mowaa.org and click on the "Search for a Program" icon to find the affiliate in your area.

74) Go to the public pool for a swim and pay the entrance fee for another family. Ask them to pass-it-along -- such acts of kindness are not only fun for you, but they generate more thoughtful actions in others. Kindness really is contagious.



75) Do you like to organize parties? Get some friends together and plan a simple carnival in your front yard. Invite your neighbors, a group of preschoolers or kindergarteners. Set up foam ball throws, fishing for prizes and simple games. Be sure everyone gets at least one prize.

76) Volunteer with your children to help at a soup kitchen. Not only is this good for the recipients, it's very good for your kids and you as a family. It makes your family appreciate what they have and puts a face on the homeless. And the emergency shelter always needs helping hands and willing hearts!



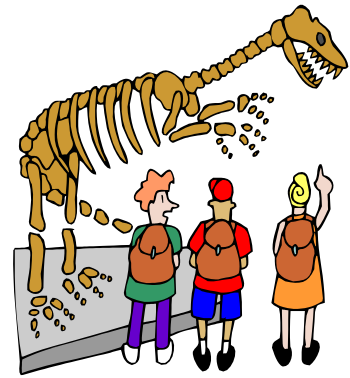
77) Volunteer to be a chaperone at a middle school or high school dance.

Parents are often recruited by default, so a volunteer will definitely be a welcomed surprise!

78) Volunteer to help with a Brownie or Girl Scout, or Campfire Troop. If you can't help on a regular basis, volunteer to help on outings or when they do crafts. Extra hands are always appreciated!

79) Have your kids join you at the kitchen table and make some homemade greeting cards. Write kind wishes (get ideas from cards you've received - or would like to receive!) and draw bright objects or pictures on blank cards. Then pack the kids in the car and personally deliver them to residents in a nursing home, children's home or senior residence.

80) Offer to accompany elementary school classes on field trips. Oftentimes parents of school-aged kids are working and not able to participate in field trips. If are available during the day, such help will most likely be very welcome.



81) Sponsor a "Thank-A-Friend" campaign.

Send a letter to the editor of your local newspaper encouraging people to set aside a specific day (you can suggest one in your letter) to write thank you notes to people who have made a difference in their lives and/or neighborhood. Ask the newspaper if they'll print some of them and if they will, encourage people to send them to the newspaper as well.

82) Collect vignettes of acts of kindness given or received. Send several to your local newspaper and ask if they will write the stories in the newspaper after interviewing the individuals. You just may start a weekly or monthly column!

"The best and most beautiful things in the world cannot be seen, nor touched. . .but are felt in the heart."

~Helen Keller (1880-1968)

83) Get a group together (perhaps parents and kids) and create bookmarks. Laminate them with clear contact paper to protect them. Take them down to the public library, children's facility, seniors' residence, convalescent hospital, etc. and donate them. If the facility will let you, hand them out to residents or patients. Be sure to accompany the bookmark with a smile.



84) **Did your newspaper publish an especially moving story?** Send a card or note of appreciation, encouragement or support to the people (or person) they wrote about. If the address is not printed, call the newspaper for information or help in getting your note delivered.

85) **Offer homework help.** Sometimes receiving help from someone outside the classroom or family can provide a break-through. Call your local school to find out how you can plug in to an existing program.

86) **If there is no existing homework drop-in program in your area, start one.** Contact one of the schools, your place of worship, or a community center in your area and volunteer to start a homework drop-in program. It may be that all it will take is for you to step forward and the support will follow.

87) **If your community has a Kindness Coordinator or "Welcome Wagon" offer to help create give-aways.** You could make bookmarks with kindness tips on them. Or you might visit various stores for donations to put in the welcome baskets.

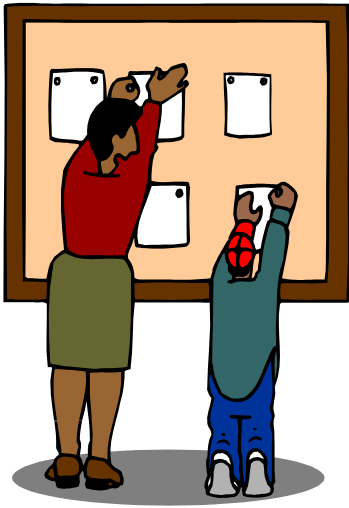
88) **Hold the door open for a large group of people.**

If you're in a crowd of people and you're all headed for the same exit - once you're through, hold the door for those who are following you. Offer each person a smile as they go through. You may make all the difference to someone who is in a hurry or just got some upsetting news.



89) **Give out compliments every hour.** Challenge yourself for a specific period of time to pay someone a sincere compliment every hour. Not only will you make them feel special and appreciated, you'll start training yourself to find the best in others.

90) **Make a food drive challenge.** If you are a member of a group, challenge another group to see which one can gather the most canned food and staple items. Or your street could challenge the next street over! Agree what organization to donate it to. Then call the local newspaper and tell them what you're doing. On the agreed upon day, have a reporter come to judge who gathered the most food, and then write a story about both groups.



91) **Create a "Good News" bulletin board at work.** Encourage colleagues to add good news about family, friends and coworkers. Keep it up to date by having contributors put the date they post their news in the bottom corner of their card. Once a year consolidate the good news into a Special Bulletin and distribute it.

92) **Organize a Parents' Night Out.** Gather a couple friends, or enlist your kids and volunteer a night where you'll babysit for free. Notify friends and/or family members who have kids that you're providing a Parents' Night Out and they can drop their kids off for 3 hours and enjoy some time alone. Ask each family to bring a game their kids especially like. Have the kids take turns playing each other's games.

"We all live with the objective of being happy; our lives are all different and yet the same."
~Anne Frank (1929-1945)

93) **Take your kids out star-watching.** Learn the names of some constellations and stars and point them out to your kids. Watch for falling stars. Count how many different evening sounds you hear. If you have strong binoculars or a telescope, have the kids look at the moon and talk about what they're seeing.

94) **Take the family for a walk.** It can be in your own neighborhood or nearby park. Count how many different kinds of birds you see. Name as many plants and flowers as you can. Stop and close your eyes and name the different sounds you hear. You'll be surprised at the variety of plants and birds in your own "backyard."



95) **Help fund food for animals every day.** Every day you can go to www.theanimalrescuesite.com and click on the purple "Fund Food For Animals" button. Your click provides the value of .8 bowls of food and care to a rescued animal in a shelter or sanctuary. On April 18 those who clicked on the button helped provide 130,320 bowls of food to animals in sanctuaries and shelters. It doesn't cost a thing - just your time and a click of your mouse!



96) **Surprise your family with a candle light dinner.** Pull out your best china and silver. Put on quiet music. Use your best linens and set a formal dinner table. Teach your kids how to use the correct forks and spoons. Spoil them with your very best meal. It will be a special time they'll remember for a long time. And you'll be teaching them proper etiquette at the same time.

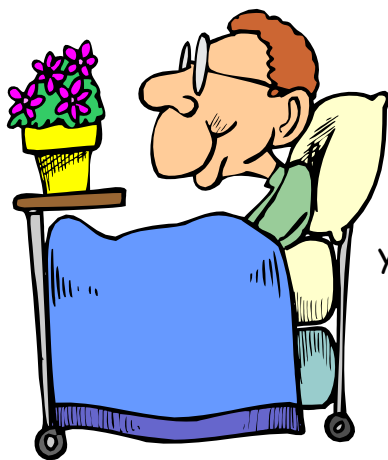
97) **Do you pack lunches?** If you do, put a little note inside each lunch bag. Make it something silly, a joke or just a "smiley face" but make it special, just for them.

98) Put little love notes in drawers or on pillows. Everyone likes to feel special and loved. Little reminders that say, "I love you" are important. They make people feel secure and "wanted."

99) Give up your place in line at the grocery store. Is there someone who has just a few items behind you? How about a mom or dad with a fussy child? Let them go ahead of you. They will be extremely grateful and chances are it won't cost you that much more time.



100) Help a Cause by joining 5 Million For Change and help them create an EVEN GREATER stream of income. Go to www.5MillionForChange.com.) There are over 1,000 stores to choose from! Why not do your shopping "where every purchase makes a difference"?



101) When visiting a hospital spend a few minutes with someone who has no visitors. Or stop by the pediatric ward and ask a nurse if you can read to a child who is all alone.

BONUS



IDEAS follow:

102) Deliver (or have delivered) a bouquet of flowers to nurses on the ICU ward or the Emergency Room. Nurses are the "first line of defense" in our hospitals and need to be remembered and honored.

103) When you see a neighbor taking groceries in the house, offer to help. This is especially helpful to a parent with a young child or to an older neighbor. Go a step further and ask if you can help them put the groceries away.



104) Recycle your books. Once you've finished reading a book, leave it in the break room at work with a note that says, "take me." Maybe someone else will do the same thing and you'll get a "free read" yourself!



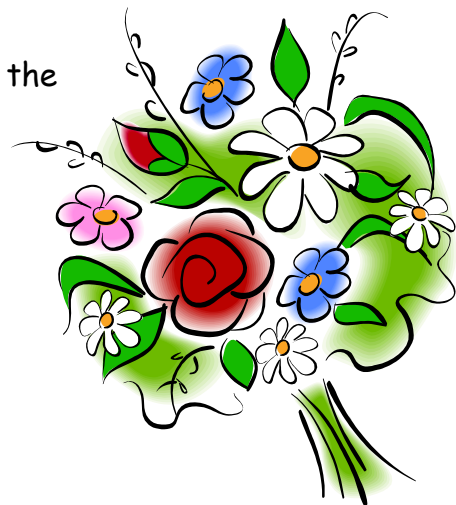
105) Take a friend who can't afford it to have a manicure and/or pedicure. Make it a "girls' day" so she doesn't feel self-conscious. Indulge yourself while you're at it!

Some of the ideas for this E-book were found on the following websites:

<http://www.christianitytoday.com/tcw/2003/005/6.44.html>
<http://helpothers.org/?pg=home>

Women's quotes were found on these sites:

<http://www.todancewithangels.com/famousquotes.html>
<http://en.thinkexist.com/quotes/top/gender/women/>
<http://womenshistory.about.com/library/qu/blqulist.htm>
<http://www.wisdomquotes.com/>



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&
5 Million Students For Change!**

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The 5 Million For Change Pledge is on the next page:

5 Million For Change Pledge

I raise my hand for 5 Million For Change.

I will take time TODAY to make a difference in
the world.

I will take time TODAY to do one thing – for one
person.

I will take time TODAY to spread some love &
caring in my world.

One thing – TODAY.

EVERYDAY!

Nothing is too small. Nothing is too big.

It is only important to take Action.

I will take time TODAY – to ACT – to create
CHANGE!