

# 101 WAYS TO CHANGE THE WORLD



The ability to change the World is  
in **YOUR** hands!

(Revised June 2007)

Written by

Ginny Dye

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For

*Together We Can Change the World*

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Author's Note:

I am so glad you are reading my E-book. I have a passion to change the world, and believe that every single person has the power to make a tremendous difference. Too often you're just not sure what to do, or how you can help. I hope these 101 Ideas will propel you to get started, and then guide you as you move forward.

I'd like to share with you the words of a young person I am close to: "Ginny, I don't know why people complain about the world if they're not going to do something to change it. They should either put up, or shut up."

Ouch. He's a little blunt but he could not be more right. No matter where you live; how much money you make (or don't make); whether you are healthy or sick; whether you are young or old; whether you are busy or have a lot of free time - YOU can make a difference.

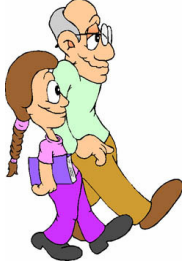

You simply have to *CHOOSE* to.

From Sandi Valentine, Director of Communication & Publishing:

*Thank you for downloading this eBook. As you will soon see, it has been written for the American audience. If you are not living in America, I hope you will be forgiving and will change or adapt ideas that will work in your community or country.*

This book is my gift to you because I want to empower you to BE the Difference in Your World Today!

## Many ways you can make a difference won't cost you a thing!

- 1)  Spend an afternoon with someone you know is lonely. You don't have to make it just once. Lonely people are in need of friendship. Decide to drop by every week. Send them notes. Become a lifeline for just that one person.
- 2) Look around and find a kid who needs to know they matter - there are way too many of them. Now determine to make that kid know someone believes they are special. Send them a card or note every week (at least). If you know what they are interested in, send them articles about it. Send them stories that will build their self-confidence and inspire them to be all they can be. Let them know you CARE.
- 3) If you have flowers in your garden, share them with someone else. Take a bunch to an elderly neighbor who can no longer garden. Take some to a friend going through a hard time. Drop them off at a neighbor's house "just because". 
- 4) If you provide some kind of professional service, offer it for FREE once a week to someone who needs it. Free dental cleaning; Free house cleaning; Free meal at your restaurant; Free accounting service. Let your profession also be your way of giving.
- 5) Give anonymous, surprise gifts to co-workers or friends - with a note telling them they matter. It doesn't have to be much. A candy bar; one cookie; a flower; something you have lying around your house. Every time, it will be the fun of knowing someone cares that will make their life better.
- 6) Take your lunch break to clean up trash. Enlist the help of other employees to do the same.

- 7) Go out with your family at least 1 hour a week to clean up trash around your neighborhood, on your road, or somewhere else you know needs cleaning up.
- 8) Enlist the help of neighborhood kids to clean up your neighborhood, or some other place, by offering to chauffeur them somewhere they want to go as their reward. Please receive parental permission before taking children anywhere.
- 9) Do you have a pool in your backyard? Offer to host a swim party for the neighborhood kids after they spend half a day cleaning up some area.
- 10) Go to your local bowling alley, skating rink, amusement park, etc. and ask them to give you FREE coupons you can share with kids who need to know someone cares. Put the coupons in a special card or note that will let them know they are important.



Many of the bad things happening in our world are done by people who never believed they mattered. No one took the time to let them know they are special. Just that one act – changing a person's anger and sadness with your love – can have a far reaching impact!

- 11) Send at least one email a day telling someone how much they are appreciated; thanking them for something they did for you; or telling them something you like about them.

12)



Send a note of appreciation to your local police station or Fire House. That doesn't happen nearly enough.

13) Volunteer for at least 1 hour a week at a local organization that needs your help. If you like elderly people, volunteer at a Senior Center or Nursing Home. If you like kids, volunteer your time with them. No matter what your interest is, there is a group who could use your help. Find them!

14) Donate your obsolete cell phones to a Homeless Shelter or a Shelter for Battered Women. They can still be used to make 911 Calls - giving a lifeline to someone who may desperately need it.



15) Gather all your old eyeglasses and donate them to the Lions Club. If you can't find one go onto the Internet and type "Place to donate old eyeglasses to". There are plenty.

16) Take this a step further and go around your neighborhood to collect old eyeglasses. Remember those kids you're going to do something for when they clean the neighborhood? Enlist them to help with your Eyeglasses campaign. You'll get help; they'll learn a valuable lesson in making a difference; and everyone will get to have some fun

17) Put a Thank You note and a cookie in the box for your Paper Delivery person.

18) Put a big glass jar on your counter. Have everyone in your family (even if it's just you) use it for all their loose change. Every 6 months decide who you are going to give it to - making a family ritual out of the event.

19) Offer to baby-sit for a single Mom who is at her wit's end.



20) Mow your neighbor's yard while they are at work.

- 21) Contact your local Habitat for Humanity. Offer to help with building their next home. No, you don't have to be a builder - anyone can help create a home for a family who would not have one otherwise!



- 22) Become an Email Pen Pal with someone. It could be a kid in a detention center; someone in a Nursing Home; someone who has Special Needs and can't leave home; a Foster child... It is so easy to send Daily Emails in order to make a difference in someone's life.



- 23) If you have an old computer that still works take it to an elderly neighbor, then commit to teaching them how to operate it enough to send and receive email. Give them a connection to the world. What a great way for them to be connected to their family that is probably online. Their kids and grandkids will think they are so cool, and be so impressed that they mastered the computer! While you're at it become an E-mail Pen Pal with them yourself!

- 24) Help someone who is elderly or sick by helping them around their home. You could paint; garden; mow lawn; shovel snow; take out trash. Just look around. You'll be able to discover what needs to be done.

It's not the size of what you do that matters. It is simply that you chose to do it. The energy that pulsates through the universe when people give has the power to change the world. We just have to get enough energy flowing through Millions of People committed to changing their world in one small way EVERY day!

25) Contact your local school district and ask how you can help. You may be mentoring a child; helping them study; reading out loud; monitoring the lunch room... Whatever it is, it is valuable. Our kids truly are our future. We can't do too much for them NOW!

26) Here's a fun one... If you have an air compressor put a big sign in your yard that says "Checking Air Pressure for FREE". As people drive through do what the sign says, then air up their tires. As they leave give them a copy of this book, or just direct them to the Together We Can Change the World website so they can come up with their own cool ways to make a difference.



27) Teach a FREE class at the YMCA/YWCA in your area.

28) Teach a FREE class on Changing Your World at your local community college. Let their homework assignments be doing something to make a difference each week, then coming back to report on the impact. The final homework assignment will be working together as a class to do some big project in the community. What a great way to make friends and make a difference at the same time!

29) Do the exact same thing at a local Elementary, Middle or High School. What a great way to multiply your impact - as well as teaching our youth to make a difference!

30) Take someone a tomato plant in a planter and put it in a sunny spot. That person will enjoy up to 5 lbs of fresh tomatoes off that one plant. If they can't take care of it themselves, then make sure you water it for them.

*When it's all over, it's not who you were... It's whether  
your life made a Difference!*





Here are some ideas that will require just a few dollars investment:

31) Buy daffodil and tulip bulbs in the Fall when they are cheapest and plant them at your school, church, neighbor's house, or anywhere else where their beauty can spread good feelings.

31) Buy a gift certificate for 1 ice cream cone; 1 Cookie; 1 piece of pie; 1 rose; 1 pizza slice; 1 Video Rental; etc.

It doesn't have to be much to make someone feel special. Include a note letting the receiver know how special they are. Just think - not only are you making someone feel special - you are also helping the businesses in your town.

32) After you've bought several of the "Just 1" Certificates listed above, let the store owner know what you're doing and ask if they will donate some for you to extend what you can give away. Ask around to find out who really needs an extra boost to feel good and make sure the certificates find their way into their hands.



33) Form your own "Good Deed Patrol." Watch for people doing something to make a difference in the community. Listen to conversations to discover these people. Then talk with your radio station or local newspaper and ask if they will include a small section in the paper, or a small spot on the radio programs to say THANK YOU to these people. It doesn't have to be much. Think how excited someone would be to open the paper and see a THANK YOU NOTICE to them for something they did. Don't you think more people would want to be noticed by the "Good Deed Patrol?"



34) Pay the Road Toll for the person behind you. How about 3 or 4 behind you? Have the Toll Keeper tell them to pass on the kindness to someone else today.



- 35) Buy a few extra items at your grocery store and drop them by the local homeless shelter or food bank.
- 36) Have a garage sale and donate the proceeds to your favorite charity. You'll have to pay for signs and maybe some advertising but it shouldn't be much.
- 37) Organize your neighborhood around a cause and have a Neighborhood Yard Sale. One neighborhood adopted an orphanage in Thailand and worked together to send thousands of dollars from the garage sale. In addition to the money they sent, neighbors became closer and new friends were made.
- 38) Bake a plate of cookies for a neighbor or elderly friend. Cookies are appreciated by everyone - so don't stop there!
- 39) Want to blow someone's mind? Every time someone is rude or mean to you, respond with kindness. One lady was treated very rudely by an attendant at her gas station. She responded by taking him a plate of cookies and telling him to have a nice day. Now he goes out of his way to be nice to her.



*We all hold the world in our hands. We all have the power to make a difference. Large or small - we can choose to be the difference in our world today!*

- 40) Search for ways to compliment people every day. If your waitress does a good job be sure to tell her. Let the dry cleaning attendant know he has a great smile. Tell a shop owner if you think her store is nice, clean, pretty, etc. LOOK for ways to make people feel special.
- 41) Hold a Homeless Shelter Scavenger Hunt. You'll need a group of people - the more the better. Next, call a Homeless Shelter and ask for a list of needs, asking them



to put the ones they need most, or get the least of, at the top of the list. Assign points to each item - with the most needed item getting the most points. Now send everyone out with their list - letting them know that the team, or the person, that creates the most points with what they bring in will win the Contest. Either put up a prize yourself or ask a local restaurant if they will provide a Free meal to the winners. Collect everything and take it to the Shelter.

- 42) Do a Toy Drive for your local Battered Women's Shelter or Homeless Shelter if it has kids. They don't have to be new. Go around your neighborhood and ask each family to donate the "in good condition" toys their kids don't use any more. There will be tons!



- 43) Deliver Personal Care items to an elderly neighbor. Maybe they need you to go to the grocery store on a weekly basis. What can you do to help them maintain their independence?



- 44) Be a "Foster Home" for cats & dogs at your local shelter. Many of them need homes to live in until they can be adopted out to the right family.



- 45) Volunteer to read and play games with children who are in your local hospital.
- 46) Do you have great administrative skills? Find out what organization in your community needs them, and then volunteer to help them out.
- 47) Start a new tradition by organizing a "Special Kids Day" of fun for abused children in your neighborhood. Probably more than anyone else, these kids need to know they are loved and special.



Kindness can change the world...

One kind thought,  
One kind word,  
One kind deed,  
One at a time.

And the world will be transformed!

- 48) If you have kids of your own and you have plans to do something fun, add at least one kid to your family for the day. There are so many kids from bad families. Give them a taste of what a good family is like by including them in your.
- 49) Develop a team of people (whether family, friends or fellow employees to refurbish and repair toys that will then be given to needy children.
- 50) Collect socks for the homeless. One 13-year-old has collected 8,500 pairs to date. What a difference she is making!
- 51) If you are into quilting or crocheting, why not make a blanket for a Homeless or Battered Women's Shelter?
- 52) Collect posters to beautify rooms in Nursing Homes & Shelters. Beauty always makes a difference!
- 53) Approach your local performing arts center to give Free passes to events - the give them to children in a Safe House or Shelter. Giving them a chance to see what is in the world besides the reality of their own situation will make a huge difference.



54) Do you sometimes have snow deep enough to cover your fire hydrants? Make special flags for them to mark their location. If there is ever a need to locate them it will indeed make a huge difference.

55) Find someone's yard that is horribly overgrown, and then send in a team to clean it up, taking all the clippings to your local Green Recycling Center.

56) Paint over violent graffiti.

57) Take daily walks with an elderly neighbor who doesn't feel comfortable or safe going out on their own.



58) Invite someone who is lonely to all your family celebrations Make sure they know you aren't just reaching out to them because they are lonely - let them know you really WANT them with you. Everyone longs to know they are important and wanted.

59) Weatherize someone's house for winter with insulation and weather-stripping on doors and windows.

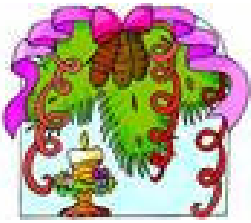
60) Secure doormats to the floor surface in an elderly person' home.

*Your ability to make a difference depends on your choice to do it. It's just that simple.*

61) Clean the gutters for an elderly or disabled neighbor.

62) Take over a bag of salt to these same neighbors to help with melting icy stairs and sidewalks.

- 63) Birds are always a delight for those who are housebound to watch. Take over a bird feeder and keep it filled with birdseed. What joy it will bring!



- 64) The elderly and homebound often miss out on the fun of holidays because they aren't able to handle the traditions and decorations, yet they usually have boxes of items that made their holidays special over the years. Go over, pull out those boxes and help them decorate - then make sure you go back to put them all away!

- 65) Plant a neighborhood garden, with everyone taking part in caring for it. When the garden is at its peak you'll be able to make daily trips to the local Shelters with fresh produce. When the season is over have a Harvest Block Party to celebrate the difference you made.

- 66) Do everything you can to conserve Energy and Water. These precious commodities have an impact on every area of our lives.

- 67) Do you like to throw parties? Throw a big party and invite as many people as you can fit. Their "ticket" to the event will be a bag full of groceries for the local food pantry. Make sure to send along a list of what the Food Pantry needs most.



- 68) Contact Amnesty International and start writing letters to prisoners in foreign countries. Whether it's just you, your class, or your fellow employees - you will make a huge difference to those receiving the letters.

- 69) If you live in an area where there are migrant workers, put together a program for the children of the workers. Enlist the community center and area churches to give you a place to meet, then play games, make crafts, etc. Without a program like this, many of these kids would be left in hot cars all day while their parents work.

70) *Listen to what one group of classmates did...*

Last summer 50 of my classmates and I went to the Community Center. We painted it, fixed the chairs, and basketball hoops; we bought some more balls and equipment with the money we raised from School Rummage and Bake Sale. We repainted the lines on the courts and planted some flowering plants in front. My Dad can repair anything so he and a few of his buddies repaired the Jungle-Gym, the slide and the swings out back. Then we painted all of them rainbow colors and weeded the back lot. We had a lot of fun and I know we made a difference!



*There is no greater joy, nor greater reward, than to make a fundamental difference in someone's life!*

- 71) If you play a sport, talk to all your teammates and have them bring in their old equipment. Much of it will still be in great shape. Donate it to a team in a less fortunate part of town, or find a group overseas that will be thrilled to receive the equipment for teams in their own country that have nothing.



- 72) If you live on a lake, do your part in keeping it clean. Go out in your boat and pick up trash and debris in the lake.

- 73) Is there an area in your community that needs beautifying? Raise money to buy plants and bulbs - perennials are best because they keep coming back - and also ask your local nursery to donate some plants. Plan a planting day and create beauty in your world.



- 74) Start your own mini-nursery to beautify areas in your community. Most shrubs can be rooted from a cutting. Ask your local nursery for extra pots, or let your community know you need them (you'll get plenty!). Buy some rooting compound, dip the cuttings, and plant them in your pots full of potting soil. Don't be afraid to ask an expert for their help. When your new plants are established plant them all over town or in people's yards. It won't cost you anything but the rewards will be huge.



- 75) In keeping with the idea above, start your own "Annual Seeding Trays" when it is the right time in your area. Many people can't afford to buy plants from the nursery. You can start them yourself from seed, and then give them to people in your community.

- 76) Get a group of friends or colleagues together and give blood. There is always a need.

- 77) If you have artistic talent use it to create a mural for a school, hospital ward, Shelter, etc.



- 78) Design a website for a local charity.

- 79) Read to a visually-impaired person. Go to the library and bring them books on tape - returning them when they are ready for more.

- 80) Organize a tea party or entertainment for a local Senior Day Center.

How can I be useful,  
Of what service can I be?  
There is something inside all of us,  
What's inside of ME?



- 81) Start a school website for students to write on school issues and needs.
- 82) Design and maintain a website for your neighborhood to share news and events.



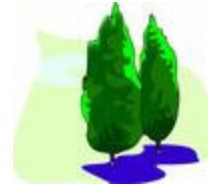
- 83) Welcome new neighbors with a home-cooked meal delivered to their door on the day they move in. Include a basket with coupons for local restaurants, activities, etc.

- 84) Organize a Sports Day for community children. Mix competition and just plain fun that doesn't have winning as the objective. Everyone should be able to enjoy sports - no matter what their skill level is.

- 85) Build Bird Houses and put them everywhere you can. Inviting extra birds to your community is always a good thing.



- 86) Plant trees every where you can!



- 87) Take old magazines to a Senior Center or Shelter. If you're a kid, take your magazines and Comic Books to your local doctor's office or dental office. Kids waiting to see the doctor will have something interesting to read.

- 88) In many areas you can't recycle plastic bags with your regular recycling. Go around your neighborhood once a month to collect the plastic bags, then take them to a local grocery store that recycles them.

- 89) Choose to buy products that are packaged in recyclable containers.

- 90) Start a compost pile at your school, and then use it to provide rich soil for a school garden that will create food for the hungry in your community. Think how much food and gardening/yard waste can be composted to make a difference!



91) Are you good with computers and fixing things? How about taking discarded computer parts and creating "new" machines that you can give away to people?

92) Is there someone in your community or family that is well-known and loved? Do a special project to let them know...

1) Put together a list of questions:

- When, where and why did you get to know this person?
- What famous person do they remind you of?
- What are your favorite memories of this person?
- Etc.

2) Send a copy to as many people who know this person as possible.

3) Gather all the questionnaires and bind them in a book. You'll probably receive pictures and other mementos. Include them.

93) Your gift will be a treasure for the rest of their lives!

94) Start your own "50 - 4 - 50 Campaign" when you turn 50 years old. Instead of just claiming gifts, walk one mile for each of your 50 years and ask friends to pledge money in lieu of a birthday gift. Then send your money to a cause dear to you.



If you're not a walker it could be biking 50 miles, swimming 50 laps, writing 50 letters to soldiers - whatever your interest is... turn it into a way to make a difference!

95) Give Grocery Gift Certificates to the Homeless in your area. Talk to your local grocery store and have them create Gift Certificates that exclude alcohol. Then hand them out to Homeless people asking for help.

96) Create a "Birthday Jar" or a "You're Special Jar".

Too often it's easy to notice the things we DON'T like about people - the things that irritate us. How about taking the time to come up with all the reasons we are THANKFUL for the people in our lives?

Here are some ideas:

- You fix things around the house before I even ask
- You help your little brother get dressed in the morning

- You always have a smile for people
- You keep in shape

Come up with as many as you can - trying for 365 if it's a Birthday Jar - but any amount will make a difference to the person receiving it. Print out the whole list, cut out each entry, and put them in a big jar. Whether you use an old mayonnaise jar or a beautiful ceramic one, it's what inside that will change the world for the person receiving it.

- 97) Do you play a musical instrument? Offer to teach someone. Maybe it's a kid who can't afford lessons on their own. Maybe it's someone who is housebound. Maybe it's an elderly person who has always dreamed of playing the piano - or some other instrument.



- 98) Put a notice in your local paper or get your local radio to help you with an "Instrument Drive". Trust me; there are a lot of musical instruments lying around in people's homes that can make a huge difference for the people I listed above.

- 99) Make turbans for women undergoing chemotherapy who have lost their hair. If you like to sew, or are willing to learn something simple to help others, this is for you. Visit the following webpage for a simple pattern and easy to follow instructions:

[www.sewing.org/enthusiast/html/ec\\_turban.html](http://www.sewing.org/enthusiast/html/ec_turban.html)

- 100) Go to [www.MakeAChildSmile.org](http://www.MakeAChildSmile.org). This wonderful organization features three new children each month that are fighting illness. They tell you about the child, then list a PO box you can send a card or small gift to. They'll also send updates as the parents send them in. For the price of a card and a stamp you can make a huge difference to a child fighting for their life!



- 101) Locks of Love is a wonderful way you can make a difference if you have long hair, or if you are willing to grow your hair. Go to [www.locksoflove.org](http://www.locksoflove.org). This amazing organization provides prosthetic hair pieces to kids 18 years old and younger who have long term hair loss due

to a medical condition. Visit their website to find out what a huge difference your hair can make!

### *BONUS IDEAS:*



102) RUN to your computer and check out [www.VolunteerMatch.org](http://www.VolunteerMatch.org). But beware... once you have been here you will never have an excuse for not volunteering. ☺

VolunteerMatch is a nonprofit organization with a mission to help everyone find a great place to volunteer, and offers a variety of online services to support a community of nonprofit, volunteer and business leaders committed to civic engagement. Interested volunteers can enter their ZIP code on the VolunteerMatch home page to quickly find local volunteer opportunities posted by nonprofit organizations throughout the United States.

103) Become a Bone Marrow Donor. So many kids and adults die before a match can be made. There are many ways you can help. Perhaps the ultimate way to make a difference is to save a life. As an individual you can:

- Register to be a Donor
- Donate your baby's umbilical cord blood at birth.
- Make a financial contribution through the Marrow Foundation
- Tell friends and family about the need for stem cell donors
- Donate Frequent Flyer Miles to help patients travel to receive treatment



- Volunteer your time at your local donor center or recruitment group.
- Donate other blood products, such as whole blood or platelets. (All transplant patients will need other blood products during their treatment.)

For more information go to: [www.marrow.org](http://www.marrow.org)



So here you have them... 101+ Ways to Make a Difference. Let me remind you that all the good ideas and information in the world will not matter at all if you don't take ACTION!



Go through this book carefully. Make a list of the ways you can Make a Difference. Decide what you are going to do on a Daily, Weekly and Monthly basis. Come up with a plan of how you can help as an individual; how your family can help; or how you can join with others at work or in your community to make a difference.

And then, finally, make a difference by doing your online shopping at Shop For Charity Day (visit: [www.ShopForCharityDay.com](http://www.ShopForCharityDay.com)) and benefit the cause of your choice with every purchase. OR benefit them **EVEN MORE** by getting your own free mall (visit: [www.MyPowerMall.com](http://www.MyPowerMall.com)) and giving them away to others (see the My Power Mall website for details)!

This book is our gift to you because we want to empower you to make a difference - through your actions AND through your Everyday Spending!

THANK YOU for wanting to BE the Difference in your World!

Ginny Dye



(See the next page for special offers!)

### BE the Difference Club

Join our BE the Difference Club and receive our FREE weekly newsletter. It's chock-full of ideas, stories, and tips to help you make a difference! To sign up visit: [www.TogetherWeCanChangeTheWorld.com](http://www.TogetherWeCanChangeTheWorld.com).

### Together We Can Change the World E-Cards

We invite you to visit our site where you will find beautiful, full color E-Cards to encourage, inspire and motivate friends, colleagues and family.

Mobilize others to join you in making a difference in our world by using these beautiful, one-of-a-kind E-Cards. To access the E-Cards visit:

[www.TogetherWeCanChangeTheWorld.com](http://www.TogetherWeCanChangeTheWorld.com)

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Regardless of your political persuasion, the ***Memorial Day movie*** will give you a new appreciation for those who have given their all for us. Visit:

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Please feel free to share these movies with others you know and care about!

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You will find them by visiting:

[www.TogetherWeCanChangeTheWorld.com](http://www.TogetherWeCanChangeTheWorld.com)