



# October 2025



## I STAND UP FOR WHAT'S RIGHT AND I...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Am brave enough to speak up for what's right.	2 Use my voice to help those who feel unheard.	3 Am confident in standing up for others.	4 Listen with care and respond with wisdom.
5 Believe in fairness and dignity for all people.	6 Show leadership by lifting others up.	7 Treat everyone with kindness and respect.	8 Help make the world more just and fair.	9 Believe that one person can make a difference.	10 Take time to understand different people and cultures.	11 Inspire others through my words and actions.
12 Know leadership means serving others.	13 Am not afraid to be the first to speak up.	14 Help others believe in themselves.	15 Matter.	16 Work to build a more equal world.	17 Know compassion can create change.	18 Believe in justice for everyone, not just a few.
19 Share my ideas with honesty and courage.	20 Support others when they need a friend.	21 Can be a voice for those who can't speak.	22 Treat all people with respect and care.	23 Do what's right, not what's easy.	24 Know every small act of good matters.	25 Can be a light for those in dark times.
26 Work hard for the common good.	27 Grow stronger by supporting others.	28 Help others feel seen and valued.	29 Uplift people with my words.	30 Show compassion through action.	31 Lead by example, just like Eleanor Roosevelt.	



### Eleanor Roosevelt (October 11, 1884)

Eleanor Roosevelt was a strong First Lady who helped people during hard times like the Great Depression. She spoke up for civil rights and believed everyone deserved respect. She showed compassion by standing up for those who were treated unfairly.