

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spend 48 hours only speaking & thinking positively.	2 Help prepare a healthy breakfast for your family.	3 Play a game virtually with a friend or group of friends.	4 Help a friend at school with something they need.	5 Host a virtual lunch or dinner party for your friends near & far.	6 Create & send a fun video to lift someone's spirits.	7 Invite a friend to watch a movie together.
8 Lead "high/low/hero" during dinner with your family.	9 Give someone you love a high-five or hug.	10 Do someone else's chores as a surprise to them.	11 Tell a friend or family member a joke.	12 Call your grandparents or an older person you know to see how they are.	13 Write a review for a small business or book you've read.	14 Congratulate a friend on something they've accomplished.
15 Celebrate someone you know.	16 Call a relative you haven't talked to in awhile.	17 Draw a picture of flowers and send it to someone you love.	18 Clean up a mess that isn't yours.	19 Make an encouraging sign or note for someone.	20 Create a playlist for a friend.	21 Write a note to someone telling them how much you appreciate them.
23 Write a positive note on a sticky note & put it on your refrigerator for all to see.	23 Send a favorite book to a friend.	24 Ask a friend or family member about their day.	25 Chalk your driveway with kind messages for anyone who sees it.	26 Help your parents with dinner.	27 Offer to help with yard work for your family or neighbor.	28 Do the dishes for your parents.
29 Offer to help an elderly neighbor with a project.	30 Smile at 5 people today.	31 Practice mindfulness.	1	2	3	4