

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1 Write warm fuzzies to your friends.	2 Connect with a new group of people.
3 Plant something new in your backyard.	4 Invite someone new to eat dinner with you.	5 Send a postcard to a friend or family member.	6 Give or send someone a handmade card.	7 Give 10 high-fives today.	8 Write a note of appreciation to someone.	9 Give food or water to someone in need.
10 Recommend a book you think someone might like.	11 Do something kind for someone you don't know.	12 Make an effort to appreciate the sunset from a good viewpoint.	13 Tell someone they're "glowing" or that they look happy & healthy.	14 Pick someone and do kind things for them throughout the day.	15 Write a poem to brighten someone's day.	16 Ask someone, "What can I help you with?"
17 Gift a gift for no reason.	18 Keep an extra pen or pencil on hand to give to someone who needs it.	19 Write 5 things you like about someone and gift them that list.	20 Make a treat for a friend.	21 Reduce, reuse & recycle.	22 Shop local.	23 Drop quarters on the ground for people to find.
24 Tell your parents you love them.	25 Find one new way to get involved with your community.	26 Let a friend who is going through an emotional time vent.	27 Take someone new in your neighborhood on a tour of the city.	28 Offer to wash someone's car for free.	29 Donate clothes you don't wear anymore.	30/31 Spend 48 hours only speaking & thinking positively.