

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1 Invite some people in your neighborhood over for a game night.	2 Write positive messages on bathroom mirrors with a dry erase marker.	3 Make homemade cards for a retirement community.	4 Donate canned goods to a food bank.	5 Fill a jar with candy & compliments to give to a friend or family member.
6 Hang a positive note on a bulletin board.	7 Volunteer to play games or do a craft at your local nursing home.	8 Hand out notes with compliments on them to friends.	9 Say "hello" to someone you don't know.	10 Ask a senior citizen to tell you their life story.	11 Start a gratitude journal & begin by writing 10 things you love about your life.	12 Hold your tongue & don't correct someone even if you think they're wrong.
13 Reflect on all of the good people in your life.	14 Say "thank you" as much as possible.	15 Do 35 jumping jacks right when you wake up to get your adrenaline pumping.	16 Help cook a meal for a family that just had a baby.	17 Remind yourself that everyone has their own struggles & cut someone some slack.	18 Research a cause & pass on the knowledge you gain to others.	19 Tidy up a store's dressing room before leaving.
20 Tell a manager about outstanding customer service you received.	21 Donate toys to a children's hospital or shelter.	22 Give sincere, handwritten notes to those who have been kind to you.	23 Research a scientific topic that interests you.	24 Call someone in your family you haven't seen in awhile.	25 Offer to take a picture of a couple or group trying to take a selfie.	26 Say yes to the cashier next time they ask if you want to donate \$1 to a cause.
27 Bring an extra snack to give away before you leave your house.	28 Take a picture with your family to send to a relative.	29 Refold the rumpled clothes on a store display table.	30 Tell someone why they are special to you.	31 Reflect on everything you've accomplished this month & take time to be grateful.	1	2