

# OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1/2 Spend 48 hours only speaking & thinking positively.	3 Appreciate the sunrise or sunset today.	4 Make some encouraging signs or notes to leave in your neighbors' mailboxes.	5 Choose your own way to show someone you care.	6 Send cheerful notes to lonely seniors.	7 Plan in your mind what your perfect day indoors would be & then live it out.	8 Compliment the first three people you talk to today.
9 Make your parents a card and bring them breakfast in bed.	10 Expand your mind. Read a good book.	11 Share your expertise on a topic with a friend or family member.	12 Make an upbeat playlist & share it with others.	13 Refrain from complaining all day.	14 Encourage a friend to pursue their dreams.	15 Call a friend that you've been thinking about.
16 Create a poster with an uplifting message & post it in your window.	17 Relax & reflect on what you're grateful for in your life.	18 Share a picture or video of your pet with a friend to lift their spirits.	19 Choose one way to help the environment today.	20 Call a graduating high school student & congratulate them.	21 Spend today doing what makes you happy.	22 Order dinner to be delivered to a friend, neighbor, or family member.
23 Make a special dessert for your family.	24 Make a slideshow of fun memories to share with others.	25 Draw a comic & send it to someone.	26 Collect 3-5 favorite jokes & call your grandparents to share them.	27 Send a friend or family member a favorite framed picture of the two of you.	28 Offer to help your parents with yard work.	29 Create a photo album of your family to share with them.
30 Treat yourself to your favorite thing to do indoors.	31 Call a graduating college student and congratulate them.	1	2	3	4	5