

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Help prepare a healthy breakfast for your family.	2 Play a game virtually with a friend or group of friends.	3 Help a friend at school with something they need.	4 Host a virtual lunch or dinner party for your friends near & far.	5 Create & send a fun video to lift someone's spirits.	6 Make an encouraging sign or note for someone.
7 Lead "high/low/hero" during dinner with your family.	8 Give someone you love a high-five or hug.	9 Do someone else's chores as a surprise to them.	10 Tell a friend or family member a joke.	11 Call your grandparents or an older person you know to see how they are.	12 Write a review for a small business or book you've read.	13 Congratulate a friend on something they've accomplished.
14 Celebrate someone you know.	15 Call a relative you haven't talked to in awhile.	16 Draw a picture of flowers and send it to someone you love.	17 Clean up a mess that isn't yours.	18 Invite a friend to watch a movie together.	19 Create a playlist for a friend.	20 Write a note to someone telling them how much you appreciate them.
21 Write a positive note on a sticky note & put it on your refrigerator for all to see.	22 Send a favorite book to a friend.	23 Do the dishes for your parents.	24 Chalk your driveway with kind messages for anyone who sees it.	25 Help your parents with dinner.	26 Ask a friend or family member about their day.	27 Offer to help with yard work for your family or neighbor.
28 Offer to help an elderly neighbor with a project.	29 Smile at 5 people today.	30 Practice mindfulness.	31 Spend 48 hours only speaking & thinking positively.	1	2	3