

OCTOBER 2023

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