

MARCH 2024

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