

# January, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tap into your creative side—write, paint, sing or dance	2 Make a playlist of songs you want to listen to
3 Take a long walk and enjoy the silence—get in touch with your thoughts	4 Surprise someone with a treat	5 Figure out how to show respect today to someone you meet	6 Send a handwritten postcard to someone special	7 Treat yourself to a bubble bath or a massage	8 Babysit, dog sit, or cat sit for free—focus your energy on them	9 Light a candle and just sit down and relax
10 Create something with things you can find around the house	11 Do a random act of kindness for a stranger	12 Spend time talking to a person who is alone in the crowd	13 Spend time in nature, go for a long walk	14 Send coloring books or balloons to a children’s hospital	15 Hand out a special treat with a smile	16 Write a note of appreciation to one of your co-workers or a neighbor
17 Make a list of 5 things you want to accomplish this year	18 Create “coupons” of services for people you love.	19 Take photos of your friends and families—make a scrap book page	20 Help someone carry their groceries or packages	21 Take your change to a Coin Star Machine and donate to the homeless	22 Make a “gratitude jar” and add to it every day	23 Leave a baggie full of quarters at a laundromat
24 Pay attention to your inner dialogue	25 Give a loved one an experience instead of a gift	26 Schedule something to celebrate the new year	27 Leave a dollar at the Dollar Store with a note: “Enjoy yourself!”	28 Make a list of two people to call that you haven’t talked to for a while, then call them	29 Stop what you’re doing and just breathe and reflect for a minute	30 Go for a long walk around your neighborhood, talk to those who are out.
31 Do a chore that’s been on your list						