

# GRATITUDE 2020

WRITE DOWN SOMETHING THAT MAKES YOU GRATEFUL EACH DAY

SUN	MON	TUE	WED	THU	FRI	SAT
Today I am grateful for:						

# CONNECT 2020

REACH OUT TO SOMEONE EACH DAY

SUN	MON	TUE	WED	THU	FRI	SAT
Catch up with an old friend	Reach out to your mom or a mother in your life	Give a stranger a compliment	Pet a dog in the park (ask first!)	Say something nice on social media	Write a letter to someone far away	Volunteer with a shelter
Offer to help a neighbor with something	Call your sibling to say hello (or a friend!)	Reach out to your dad or a father in your life	Strike up a conversation with someone new	Mail a postcard to someone you know	Bring flowers to someone you love	Say something nice to someone at the store
Do a good deed for someone in need	Have a no-phones meal with someone	Write a thank you note	Smile at 5 people you see	Offer to help a friend with a project	Give someone a ride (or walk with them!)	Cook food for a friend or family member
Bring flowers to someone you love	Mail a postcard to someone you know	Offer to help a neighbor with something	Say something nice to someone at the store	Give a stranger a compliment	Write a thank you note	Catch up with an old friend
Volunteer with a shelter	Say something nice to someone at the store	Cook food for a friend or family member	Do a good deed for someone in need	Call your sibling to say hello (or a friend!)	Have a no-phones meal with someone	Strike up a conversation with someone new

# GIVE BACK 2020

FOLLOW THE PROMPTS TO TAKE ACTION & CREATE GOODNESS IN YOUR LIFE

SUN	MON	TUE	WED	THU	FRI	SAT
Buy from a socially conscious store	Donate to a cause that helps people in need	Call someone you have not seen in a while	Pay it forward by buying someone's coffee/food/gas	Write a letter to someone, about anything!	Share something positive or important online	Invite someone to exercise with you
Get a full 8 hours of sleep!	Try a meat-less Monday	Clean up a community space	Reach out to a friend or family member in need	Donate to your favorite cause	Call someone you've not seen in a while	Meditate for 10 minutes today
Write a letter to someone, about anything!	Donate to your favorite cause	Call someone you have not seen in a while	Share something positive or important online	Cook a meal with someone, or for them!	Take a long walk somewhere, smell the roses!	Spend time volunteering
Help a friend with a project or task	Try a meat-less Monday	Write a letter to someone, about anything!	Clean up a community space	Call someone you have not seen in a while	Pay it forward by buying someone's coffee/food/gas	Buy from a socially conscious store
Spend time volunteering	Share something positive or important online	Cook a meal with someone, or for them!	Donate to your favorite cause	Reach out to a friend or family member in need	Invite someone to exercise with you	Get a full 8 hours of sleep!