



# #30GoodDays 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Look for something good in your day	*Enjoy and savor that moment	*Share that brighter moment online using #30GoodDays	*Here are 30 ideas and topics for you	*Use these or make up your own	*Just focus on sharing something positive online	1 SAVOR YOUR MORNING COFFEE OR FAVORITE DRINK
2 NATURE...THE BEAUTY FOUND IN YOUR BACKYARD	3 PLAYFUL KIDS OR PETS	4 A WORKOUT, BIKE RIDE, HIKE, ETC.	5 A GOOD CHAT W/ A FRIEND OR LOVED ONE	6 A NEW BOOK YOU'RE READING	7 ART...YOU OR SOMEONE ELSE CREATED	8 SOMETHING NICE SOMEONE DID FOR YOU
9 A SONG OR DANCE...FROM YOU OR SOMEONE ELSE	10 A HOPE OR QUOTE FOR TODAY OR THE FUTURE	11 A TASTY NEW RECIPE, OR A FAVORITE	12 EXPLORING A NEW TRAIL OR PARK	13 FARMER'S MARKET FIND OR WHAT YOU'RE GROWING	14 WHAT'S FANTASTIC ABOUT THIS FRIDAY	15 A THOUGHTFUL MESSAGE OR PHONE CALL YOU RECEIVED
16 AN ANIMAL OR INSECT YOU FIND BEAUTIFUL OR FUNNY	17 A HAPPY MEMORY	18 YOUR FAVORITE TAKE-OUT MEAL	19 A BEAUTIFUL SMILE (YOURS OR SOMEONE ELSE)	20 YOUR FAVORITE LOCAL WINE, BEER, OR DRINK	21 A PERSON, PLACE, EXPERIENCE YOU LOVE	22 A LOCAL OR NEARBY ADVENTURE
23 APPRECIATION FOR AN ESSENTIAL WORKER	24 MONDAY MOTIVATION: SONG, WORKOUT, ETC.	25 A SWEET TREAT YOU LOVE OR BAKED	26 KIDS OR PETS THAT MAKE YOU LAUGH	27 YOUR BIKE OR A BIKE RIDE OR (WALK) YOU TOOK	28 A MOVIE OR TV SERIES YOU ARE ENJOYING	29 SHAKE YOUR BOOTY OR SING US A SONG
30 A QUOTE, ADVICE, OR WORDS OF WISDOM			USE THE HASHTAG #30GOODDAYS WHEN YOU POST	VISIT <a href="http://LOVELIVERMORE.COM/GOODDAYS">LOVELIVERMORE.COM/GOODDAYS</a>	FOLLOW <a href="https://www.instagram.com/lovelivermore">@lovelivermore</a> ON INSTAGRAM	JOIN THE "LOVE LIVERMORE" GROUP ON FACEBOOK