



MON	TUE	WED	THU	FRI	SAT	SUN
		1 <i>Give extra hugs today</i>	2 <i>Text 5 people a good morning message</i>	3 <i>Bring a friend or colleague coffee</i>	4 <i>Make a card for someone & send it</i>	5 <i>Smile at everyone you see today</i>
6 <i>Offer to put someone's cart away at a store</i>	7 <i>Hide a note or painted rock for someone to find</i>	8 <i>Let someone in line in front of you</i>	9 <i>Tape money to a vending machine</i>	10 <i>Do something kind for yourself</i>	11 <i>Give a treat to your postal carrier</i>	12 <i>Get in touch w/ an old friend or relative</i>
13 <i>Leave a generous tip w/ a nice note</i>	14 <i>Praise a local business online</i>	15 <i>Open the door for someone</i>	16 <i>Plan and make a special meal for someone</i>	17 <i>Watch and be grateful for the sunset</i>	18 <i>Pick up trash in your neighborhood</i>	19 <i>Offer to babysit or pet sit</i>
20 <i>Donate used clothes or books, or new towels</i>	21 <i>Leave positive comments on blogs, social media, etc</i>	22 <i>Be present and be a listener all day</i>	23 <i>Offer to run an errand for a friend or relative</i>	24 <i>Create positive bookmarks and hide them at the library</i>	25 <i>Be a friend to a lonely neighbor</i>	26 <i>Have a judgment free day</i>
27 <i>Shop or eat local</i>	28 <i>Befriend a new person in your community</i>				LoveLivermore.com	