SUNDAY	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	<b>FRIDAY</b> 5	SATURDAY 6
7	Volunteer in the community 8	Write a list of things you are grateful for 9	Form a new habit 10	Make arts and crafts 11	Support a local business 12	Give someone a compliment 13
Share a motivational quote 14	Donate to charity 15	Participate in a fundraiser 16	Share your favorite meal 17	Bake cookies 18	Make a positive post on social media 19	Buy a stranger coffee 20
Donate a tip 21	Do a secret act of kindness 22	Bake cookies for your neighbor 23	Tell a joke 24	Give someone a hug 25	Hold the door open for someone 26	Give away items to those in need 27
Hold the door open for someone 28	Help make dinner 29	Buy someone coffee 30	Say goodmorning to others 31	Spread holiday cheer	Write a thank you note for a teacher	Bring someone a snack
Offer to help a neighbor or a friend	Tell a joke to someone	Try to smile the entire day	Reflect on the month and plan for the new year			