

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Do a good deed for someone	Dress nicely to go outside	Send message a new person	Write down own feelings	Plan a fun trip - 3 months from now	Take some fun pictures	Sign up for an online event
Ask a question to someone you want to know	Find volunteering activity	Make an eye contact with three people	Hold door for a stranger	Call three of your best friends	Find a new hiking trail	Think about - What change you make for the world?
Give a compliment to someone	Plan your day with something exciting	Accomplish 100 repetitions (your choice)	Write a list of things you can do/want to do	Suprise someone	Bake a favorite dessert	Meditate
Share your thoughts with someone	Start a random conversation	Smile at someone on the street	Wish a stranger good day	Ask someone how was their day and listen carefully	Help others to find something positive in their life	Write down your goals
Pick a new skill to learn	Create a small goal for the day	What inspired you today?	Join a new group	Flirt with someone	Read book about self improvement	Volunteer
Tell a joke to someone	Walk in the neighborhood and notice things that you haven't seen before	Try something new	Invite a friend out	Go to a farmers market	Learn something about another culture	Think about what new opportunities you can create for yourself today?