








JANUARY 2022

make
kindness
the norm.



| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|---|---|--|--|
| DECEMBER S M T W Th F S 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8 | FEBRUARY S M T W Th F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 | 28 | 29 | 30 | New Years Eve 31 | New Years Day 1 |
|  Wake up early to appreciate the sunrise. | International Mind-Body Wellness Day 3 Start a healthy routine at work, such as a daily walk. Invite your co-workers. |  Participate in a coat drive and put encouraging notes in the coat pockets. | Chocolate Fondue Day 5 Offer free hot chocolate and/or hand warmers to those working in the cold. | 6 Take a friend or family member on a spontaneous adventure. |  Create a gratitude jar. Each day fill it with notes of things you are grateful for. | National Bubble Bath Day 8 Treat yourself to a bubble bath surrounded by candles and relaxing music.  |
| 9 Listen to a guided meditation. | Cut Your Energy Costs Day  10 Replace your light bulbs with energy-efficient ones and hand out a few for friends to use. | 11 Sell old items online (Ebay, for example) and donate the profits to a good cause. | 12 Resolve to be less judgmental in your day-to-day life. | Make Your Dreams Come True Day 13 Make a list of goals to accomplish this new year that will help make your dreams come true. | Organize Your Home Day 14 Kick off the new year with a fresh start by organizing and cleaning your home. | 15 Purchase groceries for the person in front of you in the express line. |
| Do Nothing Day 16 Spend time with your family or friends playing board games, sharing laughs, and creating memories. | Martin Luther King Day 17 FREE DAY! Self-reflect about how you can be a person of integrity. | 18 Make an appointment for an annual checkup with your doctor and dentist. | Popcorn Day  19 Invite some close friends over for popcorn and movie night. | Create a care bag for an unhoused person with some gloves, scarf, treats, hygiene products and a gift card. 20 | 21 Plan one big new adventure this year, go skydiving, swim with the dolphins, etc. | 22 Get Involved! Sign up to join a community-related cause. |
| 23 Plan a brunch with your friends. | Belly Laugh Day 24 Call a friend or relative and make them laugh out loud. | Opposite Day 25 Go outside your comfort zone today. | Spouse Day 26 Plan a spontaneous date with your partner doing things you both love. | 27 Expand your mind. Sign up for a free class or workshop to learn something new. | Fun at Workday 28 Host a pizza lunch party at work and invite your co-workers.  | Puzzle Day 29 Tap into your creative side! Write, paint, sing, or dance. |
| 30 Do something that fills you with joy today. | 31 Empty and read the notes in the gratitude jar you collected this month. | Black History Month / Chinese New Year 1 | Groundhog Day 2 | 3 | 4 | 5 |