

JANUARY 2023

make
kindness
the norm.™

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Tap into your creative side! Write, paint, sing, or dance.	2 Empty and read the notes in the gratitude jar you collected this month.	3 Host a pizza lunch party at work and invite your co-workers.	4 Expand your mind. Sign up for a free class or workshop to learn something new.	5 Show your body some gratitude by eating a healthy meal today.	6 Plan a spontaneous date with your partner doing things you both love.	7 Create a gratitude jar. Each day fill it with notes of things you are grateful for.																																																																																																		
8 Wake up early to appreciate the sunrise.	9 Start a healthy routine at work, such as a daily walk. Invite your co-workers.	10 Participate in a coat drive and put encouraging notes in the coat pockets.	11 Offer free hot chocolate and/or hand warmers to those working in the cold.	12 Take a friend or family member on a spontaneous adventure.	13 Paint some rocks vibrant colors with positive/inspiring messages and place throughout your community.	14 Treat yourself to a bubble bath surrounded by candles and relaxing music.																																																																																																		
15 Listen to a guided meditation.	16 Replace your light bulbs with energy-efficient ones and hand out a few for friends to use.	17 Sell old items online (Ebay, for example) and donate the profits to a good cause.	18 Resolve to be less judgmental in your day-to-day life.	19 Make a list of goals to accomplish this new year that will help make your dreams come true.	20 Kick off the new year with a fresh start by organizing and cleaning your home.	21 Purchase groceries for the person in front of you in the express line.																																																																																																		
22 Spend time with your family or friends playing board games.	23 FREE DAY! Self-reflect about how you can be a person of integrity.	24 Make an appointment for an annual checkup with your doctor and dentist.	25 Invite some close friends over for popcorn and movie night.	26 Create a care bag for an unhoused person with some gloves, scarf, treats, hygiene products and a gift card.	27 Plan one big new adventure this year, go skydiving, swim with the dolphins, etc.	28 Get Involved! Sign up to join a community-related cause.																																																																																																		
29 Plan a brunch with your friends.	30 Call a friend or relative and make them laugh out loud.	31 Go outside your comfort zone today.	1	<p style="text-align: center;">DECEMBER</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> <p style="text-align: center;">FEBRUARY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> </table>			S	M	T	W	Th	F	S	27	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	S	M	T	W	Th	F	S	29	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
S	M	T	W	Th	F	S																																																																																																		
27	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																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
29	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																																																																																																		