



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Get a gratitude journal and write something you are grateful for each day.	Hug a friend.	Donate old toys.	Leave a nice note for your mailman.	Wave hello to another person in a car.	Walk someone's dog.	Smile all day.
Write thank you notes for friends.	Make a gratitude jar. Fill it with short notes. Read at the end of the week.	Say "please" and "thank you" without being told to.	Bake cookies for a neighbor.	Compliment a stranger.	Leave a note for family members for a surprise thank you note.	Do chores on your own.
Hold the door open for someone.	Let someone go ahead of you in line.	Send a nice email to someone.	Write a thank you note to your librarian.	Share something with a friend.	Compliment a friend.	Play with your sibling but let them choose what to play.
Do an extra chore.	Leave a flower for a neighbor.	Mail a postcard to a relative.	Bake treats for firefighters.	Donate old books to library.	Give a family member a massage.	Sign up to do community service.
Make a drawing for a family member.	Donate canned food to local food pantry.					