



WELLNESS CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
29	30 	01 SAY 'THANK YOU' TO SOMEONE WHEN THEY LEAST EXPECT IT	02 WHAT SKILL ARE YOU GRATEFUL YOU HAVE?	03 SEND A QUICK THANKFUL TEXT TO A FAMILY MEMBER	04 MAKE A LIST OF WHAT YOU ARE THANKFUL FOR AT YOUR JOB	05 DONATE YOUR FAVORITE FOOD TO A FOOD BANK
06 THINK OF WHO MAKES YOU SMILE & SEND THEM A TEXT	07 GO OUT OF YOUR WAY TO ACKNOWLEDGE SOMEONE	08 SERVE A MEAL TO YOUR FAMILY OR FRIENDS	09 SEND A HANDWRITTEN NOTE TO SOMEONE	10 SPEND 10 MINUTES READING A POSITIVE QUOTE	11 TAKE A BATH!	12 LEAVE AN ENCOURAGING NOTE IN A PUBLIC PLACE
13 MAKE YOUR FAVORITE HOT DRINK & SIT OUTSIDE TO ENJOY IT	14 THINK OF SOMEONE WHO HAS MADE A DIFFERENCE IN YOUR LIFE	15 REPLACE EVERY COMPLAINT W/ A THOUGHT OF GRATITUDE	16 INVITE A FRIEND TO LUNCH	17 GIVE SOMEONE A SMALL GIFT, JUST BECAUSE	18 VOLUNTEER TO DO AN UNPLEASANT TASK	19 BAKE TREATS FOR YOUR NEIGHBORS
20 HUG SOMEONE & TELL THEM HOW MUCH YOU APPRECIATE THEM	21 GO FOR A LONG WALK	22 SMILE AS OFTEN AS YOU CAN TODAY	23 LEND A HELPING HAND TO SOMEONE IN NEED	24 	25 	26 DO A RANDOM ACT OF KINDNESS TODAY
27 CHEER ON SOMEONE ELSE'S ACHIEVEMENTS OUTLOUD	28 BE THANKFUL	29 THANK A PUBLIC SERVICE MEMBER FOR THEIR WORK	30 SHOW YOURSELF SOME GRACE	31 CALL A PARENT AND BE AN ACTIVE LISTENER	Cross off 20 days, once completed receive 10 Wellness points.	

