

My ALOHA Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Mail a card to a friend that you haven't seen in a while	2 Make a grateful jar	3 Go on a trash walk	4 Help someone with a chore	5 Give a compliment	6 Weed a flower bed for a neighbor
7 Offer to carry someone's groceries	8 Make a meal for someone	9 Let someone go ahead of you in line	10 Feed the birds	11 Pay for a strangers coffee	12 Smile at everyone you see <u>today</u>	13 Do a secret act of kindness
14 Have dessert before dinner	15 Donate a book to the local library	16 Introduce yourself to someone new	17 Hug someone	18 Clean up a mess you didn't make	19 Hold the door for someone	20 Tell someone all of the reasons you like them
21 Compliment at least five people <u>today</u>	22 Offer to return someone's shopping cart	23 Write a thank you note to a teacher	24 Take a treat to the fire or police station	25 Clean up trash on a beach	26 Leave some quarters at a parking meter	27 Tell a silly joke to make someone laugh
28 Leave a happy note for someone to find	29 Give a treat to a neighbor	30 Make a list of things you are grateful for	31 Tell a stranger to have a great day			