MARCH 2019

SUNDAY

1. Research fun facts about an animal you don't know much about.
   - World Wildlife Day
2. Expand your circle of friends by inviting someone new to town to hang out.
3. Learn something new about a different culture.
4. Make an effort to start every conversation you have today on a positive note.
5. Send tissues to a school for spring allergy season.
6. Dive into the history of a woman who made an impact on history.
7. Smile & greet strangers on the street.
8. Offer to do someone’s laundry.

MONDAY

9. Remember to bring a travel mug for your morning coffee.
10. Look in the mirror & point out 10 things you like about your body.
    - Daylight Savings
11. When someone does something nice for you, give them a handwritten thank you card.
12. Offer to help a friend study for an upcoming presentation or exam.
13. Help a person get out of an awkward situation.
14. Make plans with that person you’ve been putting off seeing.
15. Write for fun: whether it’s for a story, poem or your journal - put your pen to paper.

TUESDAY

16. Learn how to say “Hello” in 10 different languages.
17. “Accidentally” drop a dollar to make a stranger feel lucky.
    - St. Patrick’s Day
18. Slip a note of gratitude under a sibling, parent or roommate’s door.
19. Ask & remember the names of people you consistently see on a daily basis.
20. Do five things that make you happy.
    - Intl. Day of Happiness
21. Praise a coworker or classmate on a recent project they worked hard on.
22. Take a shorter shower than usual to conserve water.
    - World Water Day
23. Donate used towels & blankets to an animal shelter.
24. Start reading a book that’s been collecting dust on your shelf.

WEDNESDAY

25. Join an online support group.
27. Leave a positive comment on a social media post you enjoyed.
28. Buy stuffed animals & donate them to a police station or fire department.
29. Give a thank you note to your doctor.

THURSDAY

30. Support a crowdfunding project.

FRIDAY

31. "Accidentally" drop a dollar to make a stranger feel lucky.
    - Intl. Women’s Day

SATURDAY

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