

January

Easy

Develop ideas to make life easier

- Clear clutter from clothes closet
- Made a schedule for the dogs
- Change meal planning to 2 weeks



February

Share

Share time or your talents with others

- Share a meal with neighbors
- Share upcycling tips at thrift store
- Take a lonely friend for lunch



March

Learn

Take a class or read online or print

- Take a CRP Class
- Learn how to help a caregiver with their needs
- Understand how to help with memory





April

Give

Take a class or read online or print

- Donate to Humane Society
- Craft box giveaway
- Give my Dad's veteran coat to a needy vet



May

Create

Create things to help others

- DIY classes
- Raffle item for Humane Society
- Host painting class in our home



June

Organize

Create things to help others

- Gather unused tools to give to others
- Organize photos & recipes for mom
- Select photos for copying to friends & family



July

Happiness

Do small things to spread happiness

- Secretly pay for someones meal
- Have a uplifting conversation with one I don't know
- Leave an anonymous gift



August

Visit

Spend time visiting those alone.
Take someone to visit local
places.

- Visit animals at out shelter
- Take friend to dinner
- Call mom at least 3 times a week





September

Stop

- Worrying about distant family & call
- Being a homebody, spend time with friends
- Overthinking videos and do them



October

Teach

Teach things to help others

- Happiness
- Do a craft demo at thrift store
- Thrift Benefit for Sheltered Animals



November

Try new

Step out of your comfort zone
and try something new

- Do a live workshop series to help others
- Say “Yes” to join others helping our community
- Start a walking group



December

Play

Take time to play

- Host a family game night
- Teach the pups new tricks
- Donate extra games to local children

