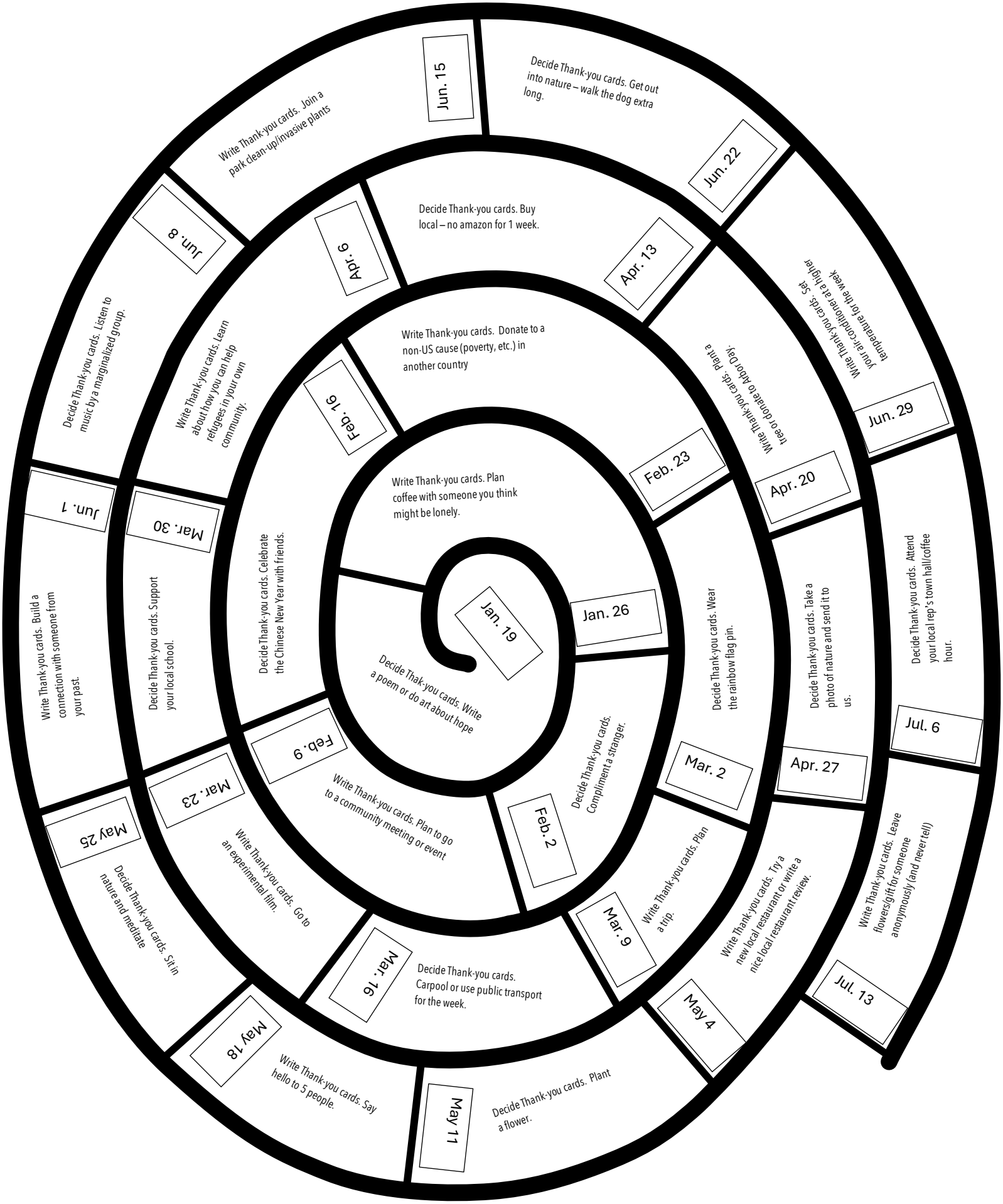
Jan. 19
Decide Thak-you cards. Write a poem or do art about hope
Jan. 26
Write Thank-you cards. Plan coffee with someone you think might be lonely.
Feb. 2
Decide Thank-you cards. Compliment a stranger.
Feb. 9
Write Thank-you cards. Plan to go to a community meeting or event
Feb. 16
Write Thank-you cards. Donate to a non-US cause (poverty, etc.) in another country
Feb. 23
Write Thank-you cards. Plan tree or donate to Arbor Day.
Mar. 2
Decide Thank-you cards. Wear the rainbow flag pin.
Mar. 9
Write Thank-you cards. Plan a trip.
Mar. 16
Decide Thank-you cards. Carpool or use public transport for the week.
Mar. 23
Write Thank-you cards. Go to an experimental film.
Mar. 30
Decide Thank-you cards. Support your local school.
Apr. 6
Decide Thank-you cards. Celebrate the Chinese New Year with friends.
Apr. 13
Decide Thank-you cards. Buy local – no amazon for 1 week.
Apr. 20
Write Thank-you cards. Learn about how you can help refugees in your own community.
Apr. 27
Decide Thank-you cards. Take a photo of nature and send it to us.
May 4
Write Thank-you cards. Try a new local restaurant or write a nice local restaurant review.
May 11
Decide Thank-you cards. Plant a flower.
May 18
Write Thank-you cards. Say hello to 5 people.
May 25
Decide Thank-you cards. Sit in nature and meditate
Jun. 1
Write Thank-you cards. Build a connection with someone from your past.
Jun. 8
Decide Thank-you cards. Listen to music by a marginalized group.
Jun. 15
Write Thank-you cards. Join a park clean-up/invasive plants
Jun. 22
Decide Thank-you cards. Get out into nature – walk the dog extra long.
Jun. 29
Write Thank-you cards. Set your air-conditioner at a higher temperature for the week
Jul. 6
Decide Thank-you cards. Attend your local rep's town hall/coffee hour.
Jul. 13
Write Thank-you cards. Leave flowers/gift for someone anonymously (and never tell)