Jan. 20

Decide Thank-you cards.
Write a poem or do art.

Jan. 27

Decide Thank-you cards.
Compliment a stranger.

Feb. 3

Write Thank-you cards.
Learn about a global conflict

Feb. 10

Decide Thank-you cards.
Surprise someone you love.

Feb. 17

Write Thank-you cards.
Donate to a non-US cause (poverty, etc.) in another country

Feb. 24

Write Thank-you cards.
Plan coffee with someone you think might be lonely.

Mar. 3

Decide Thank-you cards.
Wear the rainbow flag pin.

Mar. 10

Write Thank-you cards.
Plan a trip.

Mar. 17

Decide Thank-you cards.
Carpool or use public transport for the week.

Mar. 24

Write Thank-you cards.
Support your local school in some way

Mar. 31

Decide Thank-you cards.
Go to a subtitled film.

Apr. 7

Write Thank-you cards.
Learn about refugees in your own community.

Apr. 14

Decide Thank-you cards.
Plant a tree or donate to Arbor Day.

Apr. 21

Write Thank-you cards.
Buy local – no amazon for 1 week

Apr. 28

Decide Thank-you cards.
ESL volunteer or donation.

May 5

Write Thank-you cards.
Try a type of food you never ate before (restaurant or recipe from another culture)

May 12

Decide Thank-you cards.
Buy a native plant.

May 19

Write Thank-you cards.
Learn about Title IX

May 26

Decide Thank-you cards.
Help a kid read or donate a book to your local school

Jun. 2

Write Thank-you cards.
Plan a long-term carbon footprint reduction project

Jun. 9

Decide Thank-you cards.
Read a book or watch a film by/about a marginalized group.

Jun. 16

Write Thank-you cards.
Join a park clean-up/invasive plants

Jun. 23

Decide Thank-you cards.
Get out into nature – walk the dog extra long.

Jun. 30

Write Thank-you cards.
Set your air-conditioner at a higher temperature for the week

Jul. 7

Decide Thank-you cards.
Attend your local rep's town hall/coffee hour.

Jul. 14

Write Thank-you cards.
Leave flowers/gift for someone anonymously (and never tell)