

2022 MARCH

"Values are like fingerprints. Nobody's are the same, but you leave them all over everything you do." -- Elvis Presley

THE POSITIVITY PROJECT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	01 Watch Why Values Matter TEDx Talks	02 Make a time capsule.	03 Go on a winter hike / try ice skating!	04 Take a hot and fizzy bubble bath.	05 Unleash your creativity! Start a passion/art project.
06 Watch How Do You Work Out Your Personal Values	07 Write a love letter to yourself. Make it long and elaborate because you are worth it	08 Celebrate international women's day and do a lunch date with the women in your life	09 Make your home smell amazing using aromatherapy.	10 Do a walking meditation around your favorite nature spot.	11 Go on an evening wine or brew pub tour.	12 Make a vision board & pick one word that celebrates your values
13 Set up a picnic date with friends, family and furry pets!	14 Buy a new art piece to place in your home or make your own.	15 Start a new book.	16 Have a family values discussion this evening.	17 Catch a sunrise or a sunset on a hill or mountain.	18 Create an at home spa night with candles, masks, snacks and a good book.	19 Go all out glamorous/dapper for no other reason than for yourself!
20 Celebrate international day of happiness - Keep Calm, Stay Wise, Be Kind (2022 theme)	21 Cloud watch on a hill or grassy area.	22 Start planning a summer staycation, weekend getaway or vacation.	23 Make a gratitude jar	24 Do yoga or stretching at a park or in your backyard.	25 Spring Cleaning! Replace an overdue household item (e.g. pillows, sponges, brushes)	26 Visit a flower field.
27 Spring cleaning! Declutter a space in your home.	28 Surprise a loved one with a special small gift or act of kindness.	29 Host a board game night	30 Meditate in a garden.	31 Pick some flowers and put it in a vase or make a flower crown.	01	02
03	04	05	06	07	08	09
<p><i>"I have learned that as long as I hold fast to my beliefs and values – and follow my own moral compass – then the only expectations I need to live up to are my own." - Michelle Obama</i></p>						