

2022 MAY

THE POSITIVITY PROJECT

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." – Michael Jordan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 If you want to feel happy, avoid social comparisons.	02 Put together a spring and summer reading list and crack open a good book.	03 Recognize a peer, friend or family member for Public Service Recognition Week.	04 Spread ideas that promote peace, kindness and understanding, online and in real life.	05 If you find yourself rushing, make an effort to slow down.	06 Ponder the question "How can I create the life I desire?" Jot down ideas for 15-minutes	07 What can you do to nurture your mind, soul & body more? Make a list for each category.
08 Make a list of what you love most about yourself.	09 Channel your inner child and take the opportunity to pamper yourself through art!	10 What makes life complicated? How can you simplify your life in little ways?	11 What is one message that you want to share with the world?	12 Ponder how it feels to be the age you currently are.	13 Create an evening ritual that aligns with how you want to feel when you wake up in the morning.	14 What does your typical day look like? How can you infuse more joy into it?
15 How have you been holding yourself back? Identify steps to move forward.	16 Shift a negative inner narrative that you have.	17 It's no complaints day! Spend an entire day free of any complaining.	18 What is one thing you want to try but haven't? Set a deadline and challenge yourself to finally doing it.	19 Find gratitude each day by identifying three things you are grateful for.	20 Feeling socially connected makes us kind. Do something to focus on your friendships today.	21 Appreciating the good things around you will bring more joy to your life.
22 Develop a bedtime routine for a better night sleep.	23 Give someone you love the gift of time.	24 <u>Practice this self-compassion break for a healthier way to deal with stressful situations.</u>	25 Seeing the good in people can help us feel better about humankind. Consider the good in everyone.	26 Can't find the time to meditate? Why not take a walk to think about it?	27 Make it a point to show loved ones your appreciation.	28 Discover a well-being practice that helps you find meaning in the everyday.
29 Consider activities that will help you have a better work day tomorrow.	30 Reach out to people who you know are connected to a crisis and offer your care and support.	31 Listen to a piece of music without doing anything else.	01	02	03	04
05	06	07	08	09	10	11
<p><i>"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." – Lao-Tze</i></p>						