

2022 SEPTEMBER

No human masterpiece has been created without great labor. --Andre Gide

THE POSITIVITY PROJECT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01 Place encouraging sticky notes in public areas.	02 STOP! Hydrate yourself.	03 Start and end the day with positive intentions.
04 Wake up early to exercise.	05 Include someone who might have a new perspective.	06 Create time in your day to connect with someone	07 Compliment with reckless abandon.	08 Help someone that is in need.	09 Treat someone to a cup of coffee (a colleague or stranger)	10 Tidy up a disorganized area (your desk, storage room, etc.)
11 Download a meditation app and try it out before bed.	12 Take five minutes to think about all your positive relationships.	13 Share your favorite song with someone.	14 Stop what you're doing and breathe deeply, close your eyes and appreciate your life.	15 Take five minutes to think about all your positive relationships.	16 Make it a point be an active listener and don't interrupt.	17 Celebrate someone's accomplishment.
18 Do something active.	19 Hug someone for 20 seconds.	20 Buy something from a locally owned business.	21 Answer your phone with a smile on your face. People can 'hear' your smile.	22 Send someone a card or note of appreciation.	23 Exhibit kindness, even when in a hurry.	24 Take some time today and reflect on the things that bring you happiness.
25 Reflect on three things you accomplished this week.	26 Leave coins at a vending machine so someone can enjoy a treat.	27 Put away your phone while in someone else's company.	28 Tell someone two things you appreciate about them.	29 Remind yourself that you are doing the best you can.	30 Change three small things about your routine that will help the environment.	01
02	03	04	05	06	07	08
<p><i>To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him. --Buddha</i></p>						