

# 2022 OCTOBER

*"Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day." – Shira Tamir*

## THE POSITIVITY PROJECT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01 Donate, volunteer, or raise awareness for a charity that helps a cause you are passionate about.
02 Anonymously pay for someone else's bill at a café or restaurant.	03 When paying bills, add a fun message along with your payments.	04 Spend time today journaling what you would like your life to look like in the future.	05 Practice 20 minutes of gentle yoga or meditation.	06 Send a friend a book you think they might enjoy.	07 Wake up and do not check your phone/electronics for at least one hour.	08 Tape coins or hide small toys around a playground for kids to find.
09 Build a "Little Free Library" box in your yard for neighbors to borrow from or donate to.	10 Find 10 minutes in your day to go outside. Continue this for the rest of the month.	11 Attend to finances - aim where to save and reduce debt.	12 Drink a glass of water before bed and first thing in the morning and do this every day.	13 Start an evening routine. Reflect on your day and find one positive thing to say about the day.	14 Do something creative for 30 minutes. Arrange flowers, draw, or color.	15 Get involved! Sign up to join a community-related cause.
16 Start a free fresh food pantry in your local community where neighbors could donate or take when needed.	17 Purchase a dozen stem roses and randomly hand them to passersby's to brighten their day.	18 Donate video or board games to your local children's hospital.	19 Ask someone for help or delegate a task.	20 Journal topic: I feel great when _____. Really take notice.	21 Find a tool that will help increase productivity. This might be a checklist to keep tasks straight.	22 Enjoy the sunrise or sunset - your choice and breathe deeply.
23 Take your change to a coin machine and donate your collection to charity.	24 Apologize to someone with whom you've had a past conflict.	25 Reflect on your life and identify anything that makes you feel unsafe. Is there something that could fix it?	26 Schedule a one-on-one date with every person in your house and do something outside of the house.	27 Do a social media cleanse. Remove anyone who you have negative associations with.	28 Take an action to be kind to nature and care for our planet.	29 NO PLANS DAY! Be kind to yourself so that you can be kind to others today.
30 Schedule a "me day". No cell phone, no work, no family, no friends, just you doing something relaxing.	31 Read an article on something you know nothing about. Afterward, reflect on how it made you feel.	01	02	03	04	05 <i>"Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your heart for love." – Anonymous</i>