

January

1. Stretch.
2. Enjoy silence.
3. Imagine yourself living 100 years ago.
4. Shine, even if the sun doesn't.
5. Answer a letter.



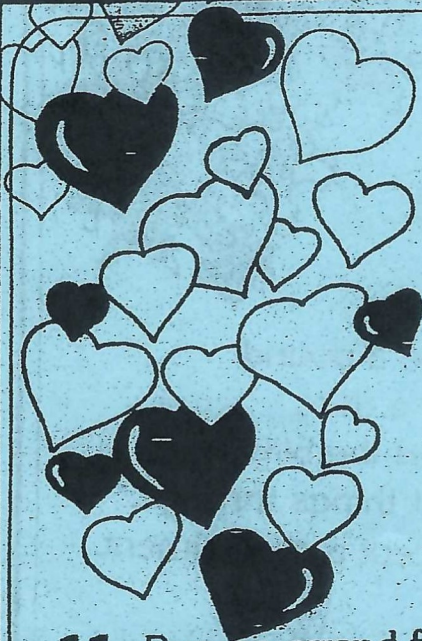
6. Lose a pound.
7. Pay a debt.
8. Feed the birds.
9. Sort things through.
10. Accept a compliment.

11. Give away something you don't use.
12. Daydream.
13. Walk to the nearest park.
14. Share a task.
15. Beat your own record.
16. Read a classic.
17. Sleep in.
18. Adopt a grandparent.
19. Break a habit, just for today.
20. Really look at the sky.
21. Get to know the neighbor's dog.
22. Pull the plug on all your clocks.
23. Talk to a house plant.
24. Read the want-ads.
25. Have a pillow fight.



26. Take a picture.
27. Invite a neighbor in.
28. Do one thing you'll be proud of.
29. Eat with chopsticks.
30. Ask for a backrub.
31. Bake bread.

February



1. Smile at yourself in the mirror.
2. Keep a secret.
3. Blow bubbles.
4. Phone a friend.
5. Visit a museum.
6. Cuddle a child.
7. Express your thanks.
8. Try a new road.
9. Imagine the roar of the ocean.
10. Practice courage in one small way.

11. Run an errand for someone.
12. Decide what's important to you today.
13. Oil a squeak.
14. Warm a heart.
15. Scrutinize a snowflake.
16. Don't worry about money today.
17. Read an amusing book.
18. Skip rope.
19. Go on a winter picnic.
20. Plant a grapefruit seed.



21. Dry an eye.
22. Laugh at yourself.
23. Watch the sun rise.
24. Work a puzzle.
25. Look for special postage stamps.
26. Sleep on it.
27. Stand up for someone else's rights.
28. Sing a song.

29. (On Leap Year Day) Do your own thing — the one, special thing that makes you feel right about yourself and the world.



March

1. Curl up before an open fire.
2. Let go of the problem you can't solve.
3. Buy a ticket to a special event.
4. Have a taffy pull.
5. Enjoy a silly moment.
6. Call a friend you've been meaning to call.
7. Clean out the garage.
8. Rock a baby.
9. Return something you've borrowed.
10. Think about droplets on rosebuds.
11. Let the wind blow your hair.
12. Walk through the woods with someone.
13. Ask a stupid question.
14. Mind your tongue.
15. Share your favorite book.
16. Organize some small corner of your life.
17. Hum an Irish tune.
18. Learn a new work.
19. Write your Congressman.
20. Beat yourself at solitaire.
21. Beachcomb after a storm.
22. Make a change.
23. Breathe deeply for three minutes.
24. Look up at the rain.
25. Pop popcorn.
26. Dance!
27. Tickle a funnybone.
28. Turn off the TV and talk.
29. Encourage someone.
30. Consider your good points.
31. Paint a picture — even if you can't paint.

April

1. Take time to touch the morning.
2. Sing in the shower.
3. Clean out a dresser drawer.
4. Share a funny story.
5. Take a child to a park.
6. Watch a rainbow until it fades.
7. Show your gratitude.
8. Talk with your hands.
9. Put up a birdhouse.
10. List ten things you do well.
11. Write down your family tree.
12. Welcome a newcomer.
13. Do what makes you feel good about yourself.
14. Be with someone.
15. Catch a late show.
16. Fly a kite.
17. Explore a junk shop.
18. Like yourself.
19. Write a letter to someone you miss.
20. Splash thru a puddle.
21. Pay a compliment.
22. Throw away something you don't like.
23. Pretend.
24. Try a new menu.
25. Watch a construction crew at work.
26. Stand on your head.
27. Do that "nasty job" you've been putting off.
28. Pull some weeds.
29. Go somewhere you've never been.
30. Waste a little time.





1. Plant a flower.
2. Put yourself out for someone.
3. Really listen.
4. Laugh out loud.
5. Be honest with yourself.
6. Take the chance.
7. Share a joke with someone very old (or very young).



8. Watch the grass grow.
9. Go a different way.
10. Take a long walk with a friend.
11. Do one thing well.

12. Acknowledge when you are wrong.
13. Make some music.
14. Volunteer some time to a good cause.
15. Give yourself a present.
16. Wash a window (just one!).



17. Be grateful.
18. Slow down.
19. Spruce up.
20. Say "I love you."
21. Have breakfast in bed.
22. Be aware of your strength.
23. Exercise a talent.
24. Have a picnic.
25. Give your smile to someone.
26. Let someone do you a favor.
27. Try to understand.
28. Re-read a favorite book.
29. Hug someone.
30. Whistle.
31. Make a campfire.

June



1. Take an early morning walk.
2. Tell someone how much you appreciate them.
3. Sit by a rushing stream.
4. Mend a quarrel.
5. Look into the heart of a rose.



6. Start a new project.
7. Praise a job well done.
8. Remember a smile.
9. Go fishing.
10. Make a new acquaintance.
11. Watch the clouds change shape.
12. Get the job done.
13. Let your happiness show.
14. Walk barefoot.
15. Recycle.
16. Follow an impulse.
17. Watch children play.
18. Visit a lonely person.
19. Be good to yourself.
20. Talk to a pet.
21. Photograph a friend.
22. Run down a hill.
23. Write a poem.
24. Lick a lollipop.



25. Look at old photos.
26. Encourage a young person.
27. Close your eyes when you chew.
28. Plan a country outing.
29. Look for a four leaf clover.
30. Look at the stars and find the Big Dipper.