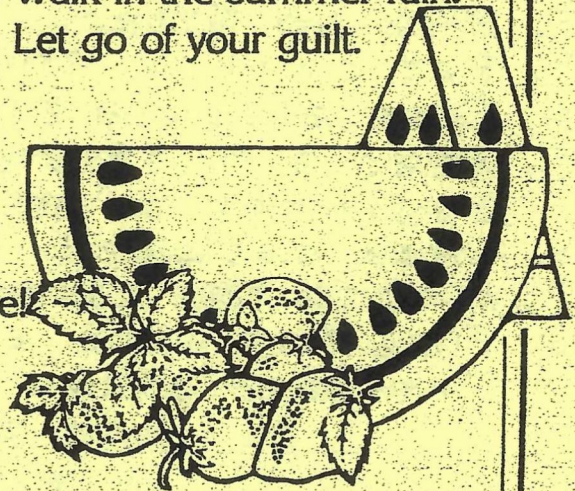


July

1. Lie on the grass.
2. Take time to talk to neighborhood children.
3. Go for a swim.
4. Join the parade.
5. Find a cool spot.
6. Treat the family like company.
7. Do something hard to do.
8. Learn a new song to sing in the shower.

9. Overcome a fear.
10. Listen to night sounds.
11. Find beauty in a dandelion.
12. Ask a favor of a friend.
13. Walk in the summer rain.
14. Let go of your guilt.

15. Sit in a tree.
16. Invite the neighbors in.
17. Picture yourself at age three.
18. Eat your favorite food.
19. Don't do something - sit there!
20. Press a four-leaf clover.
21. Find the North Star.
22. Enjoy a grateful heart.

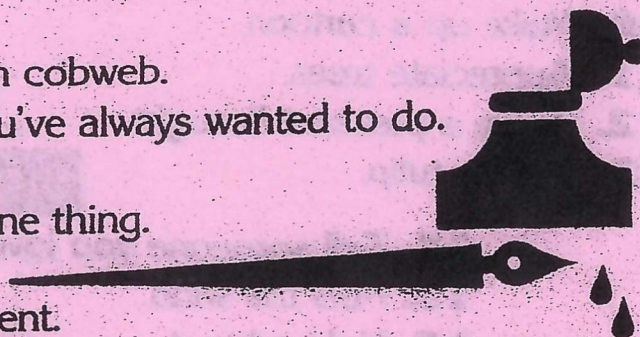
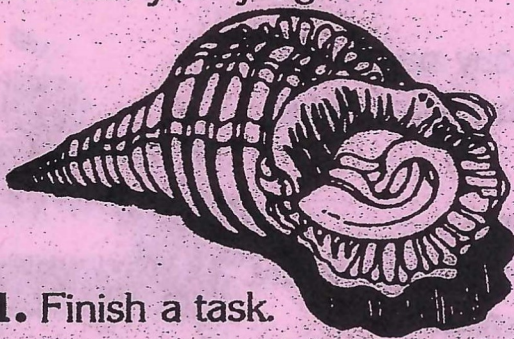


23. Get up before anyone else.
24. Appreciate your feet.
25. Sew on that button.
26. Let someone love you.
27. Hum the song in your heart.
28. Play kick the can.
29. Pick berries.
30. Drop a penny where someone will find it.
31. Take a flower to a friend.



September

1. Listen to a sea shell.
2. Sharpen pencils.
3. Greet a new neighbor.
4. Look at the moon through binoculars.
5. Make up your mind.
6. Throw away five things.
7. Eat a prune.
8. Meet someone more than halfway.
9. Throw a Frisbee.
10. Study a dew-laden cobweb.
11. Do something you've always wanted to do.
12. Hug a fir tree.
13. Concentrate on one thing.
14. Climb a hill.
15. Trust your judgment.
16. Remember a birthday.
17. Walk briskly.
18. Pet a rock.
19. Ask a friend to lunch.
20. Yodel.
21. Finish a task.
22. Repay a kindness through someone else.
23. Choose to be happy.
24. Say no.
25. Let the phone ring.
26. Contact someone you're thinking about.
27. Say yes.
28. Smile at your reflection while window shopping.
29. Dance a little jig.
30. Meditate.



October

1. Make a list.
2. Fight for a principle.
3. Sail a paper airplane.
4. Smile for no reason.
5. Put flowers on the table.
6. Feed the ducks.
7. Refuse to worry for one day.
8. Do a favor for someone.
9. Jump in a pile of leaves.
10. Make up a cartoon.
11. Appreciate trees.
12. Share a pleasant thought.
13. Plant a tulip.

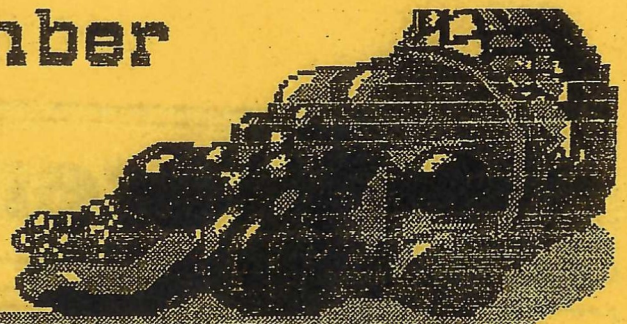
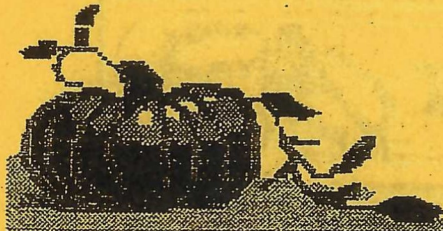


14. Tell someone you love them, again and again.
15. Feel the wind.
16. Hold a hand.
17. Take a rainy-day nap.
18. Watch a craftsman at work.
19. Tear up your list.
20. Go for a walk with children.
21. Correct a mistake, even if it's not yours.
22. Plan one thing for tomorrow.

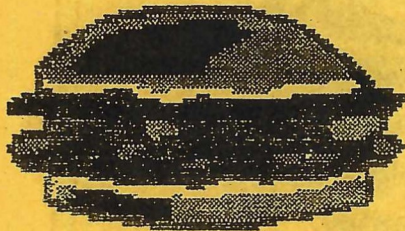


23. Tell someone how you feel.
24. Crunch a juicy apple.
25. Show some tenderness.
26. Relax your demands.
27. Listen to what you hear.
28. Pamper yourself.
29. Put a note in a lunch bucket.
30. Make something delicious.
31. Make a jack-o-lantern.

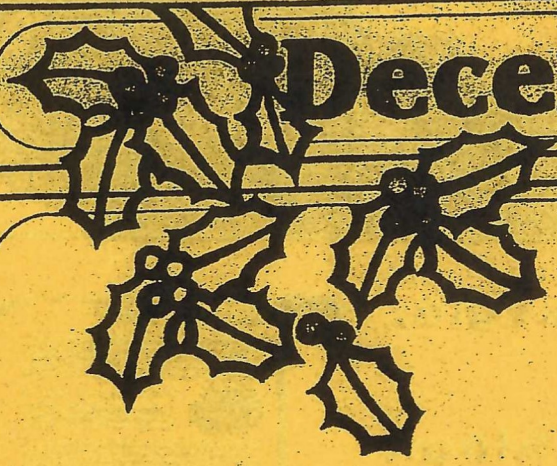
November



1. Change your hair style.
2. Use a new word.
3. Talk with a child.
4. Watch the leaves blow.
5. Write a letter.
6. Lend an ear.
7. Stand in for a friend.
8. Frame a picture.
9. Hike a mile.
10. Cheer for a home team.
11. Challenge yourself.
12. Forget an old grudge.
13. Go to a garage sale.
14. Crack nuts.
15. Play a game.
16. Go out to lunch.
17. Help a stranger.
18. Go to the library.
19. Try a new food.
20. Laugh out loud.
21. Rake leaves.
22. Remember the American Indians.
23. Read the dictionary.
24. Ask an older person about the past.
25. Be thankful.
26. Help a good cause.
27. Keep quiet.
28. Listen to the rain on the roof.
29. Befriend a person.
30. Take the risk.



December



6. Blow up a balloon and turn it loose.
7. Jump for joy.
8. Read a label.
9. Make your own candles.
10. Walk instead of ride.
11. Have company.
12. Give yourself a compliment.
13. Stand in the other guy's shoes.
14. Send for travel folders.
15. Make faces in the mirror.

1. Sleep late.
2. Start a tradition.
3. Polish your shoes.
4. Ask for help.
5. Keep it simple.



16. Put seed in the bird feeder.
17. Search out a long-lost friend.
18. Laugh with your family.
19. Slow way down.
20. Play up your best qualities.
21. Open the door.
22. Take the time to answer a question.
23. Take three deep breaths.
24. Count your blessings.



25. Look at the stars.
26. Be a gracious receiver.
27. Visit a shut-in.
28. Yell at the top of your lungs.
29. Cry a little.
30. Listen to a classic.
31. Toast happy memories.

