

# January 2022

December '21							February '22									
S	M	T	W	T	F	S	S	M	T	W	T	F	S			
				1	2	3	4					1	2	3	4	5
5	6	7	8	9	10	11	6	7	8	9	10	11	12			
12	13	14	15	16	17	18	13	14	15	16	17	18	19			
19	20	21	22	23	24	25	20	21	22	23	24	25	26			
26	27	28	29	30	31	27	28									

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Find three good things to look forward to this year
2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day	4 Write a list of things you feel grateful for in life and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today
9 Do something physically active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your technology 2 hours before bedtime	12 Connect with someone near you - share a smile or chat	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Eat healthy food which really nourishes you today
16 Get outside and notice five things that are beautiful	17 Contribute positively to a good cause or your community	18 Focus on what's good, even if today feels tough	19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone
23 Plan something fun and invite others to join you	24 Put away digital devices and focus on being in the moment	25 Decide to lift someone up giving them a reason to smile	26 Say hello (physically distanced) to a neighbor and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Use one of your personal strengths in a new way
30 Count how many times you smile today	31 Write down your hopes or plans for the future	<b>THEME: HAPPINESS</b> "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." ~Desmond TuTu Contact the Community Chaplain: <a href="mailto:ebony_only@rush.edu">ebony_only@rush.edu</a>				