May 2022

April '22

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

June '22

S	M	T	W	T	F	S
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26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Make a list of what matters to you most and why	**2** Do something kind for somone you really care about	**3** Focus on what you can do rather than what you can't do	**4** Take a step towards an important goal, however small	**5** Send your friend a photo from a time you enjoyed together	**6** Look for people doing well and reasons to be cheerful	**7** Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	**9** Notice the beauty in nature, even if you're stuck indoors	**10** What values are important to you? Find ways to use them today.	**11** Be grateful for the little things, even in difficult times.	**12** Listen to a favorite piece of music and remember what it means to you	**13** Look around for things that bring you a sense of awe and wonder	**14** Find out about the values and traditions of another culture
15 Do something to contribute to your local community	**16** Look up at the sky. Remember we are all part of something bigger.	**17** Show your gratitude to people who are helping to make things better	**18** Find a way to make what you do today meaningful to you	**19** Send a hand-written note to someone you care about	**20** Reflect on what makes you feel valued and purposeful	**21** Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	**23** Share a quote you find inspiring to give others a boost	**24** Recall three things you've done that you are proud of	**25** Make choices that have a positive impact for others today	**26** Ask someone else what matters most to them and why	**27** Remember an event in your life that was really meaningful	**28** Focus on how your actions make a difference for others
29 Do something special and revisit it in your memory tonight	**30** Today do something to care for the natural world	**31** Find three reason to be hopeful about the future	1	2	3	4
5	6	**THEME: MEANINGFUL MAY** "Nothing in the world is impossible. The word itself says 'I'm possible!'" ~Audrey Hepburn *Contact the Community Chaplain: ebony_only@rush.edu*				