



Apologize to someone today

Forgive someone today

Ask how you can help today

Say "Thank You" to at least 4 people today

Compliment someone today

Help someone in need today

REFRAIN FROM JUDGING TODAY

Make a donation to a project today

Take time to listen to someone who is sad or depressed today

Take a deep breath and speak more peacefully today

Reach-out to someone from a different generation than yours today

Let go of an old grudge that is affecting your peace of mind today

Reach out and connect to someone who is different from you today

Discuss with co-workers, classmates, family members or neighbors how you can make a difference in your community today

It Starts With You Today!