

# April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cheer on a teammate.	2 Help someone learn.	3 Drink more water.	4 Plant a tree.	5 Say something nice to someone.	6
7	8 Put gas in someone's car.	9 Be generous with compliments.	10 Bake someone a cake.	11 Help a coworker or classmate.	12 Share an inspiring quote.	13
14	15 Visit someone who is lonely.	16 Leave a positive comment on a website or blog.	17 Give a prepaid phone card to someone who needs it.	18 Write a thank you note.	19 Be polite on the road.	20
21	22 Be spontaneous.	23 Forgive someone.	24 Thank your employees.	25 Volunteer at a community garden.	26 Clean your room.	27
28	29 Eat a healthy snack.	30 Donate blood.				