

MARCH 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Smile

3

Research fun facts about an animal you don't know much about

World Wildlife Day

4

Expand your circle of friends by inviting someone new to town to hang out

5

Learn something new about a different culture

6

Make an effort to start every conversation you have today on a positive note

7

Send tissues to a school for spring allergy season

1

Smile & greet strangers on the street

2

Offer to do someone's laundry

10

Look in the mirror & point out 10 things you like about your body

Daylight Savings

11

Remember to bring a travel mug for your morning coffee

12

When someone does something nice for you, give them a handwritten thank you card

13

Offer to help a friend study for an upcoming presentation or exam

14

Help a person get out of an awkward situation

8

Dive into the history of a woman who made an impact on history

Intl. Women's Day

9

Remind a forgetful friend that Daylight Savings is tomorrow

17

"Accidentally" drop a dollar to make a stranger feel lucky

St. Patrick's Day

18

Slip a note of gratitude under a sibling, parent or roommate's door

19

Ask & remember the names of people you consistently see on a daily basis

20

Do five things that make you happy

Intl. Day of Happiness

21

Praise a coworker or classmate on a recent project they worked hard on

Holi

15

Make plans with that person you've been putting off seeing

16

Write for fun: whether it's for a story, poem or your journal - put your pen to paper

24

Learn how to say *Hello* in 10 different languages

25

Start reading a book that's been collecting dust on your shelf

26

Join an online support group

27

Share your favorite tidbits of life advice with someone

28

Leave a positive comment on a social media post you enjoyed

22

Take a shorter shower than usual to conserve water

World Water Day

23

Donate used towels & blankets to an animal shelter

National Puppy Day

31

Support a crowdfunding project

29

Buy stuffed animals & donate them to a police station or fire department

30

Give a thank you note to your doctor

National Doctor's Day