



ACTION CALENDAR: MEANINGFUL MAY 2020

THURSDAY





"Start Where You Are. Use What You Have.

Do What You Can" ~ Arthur Ashe



your most

MONDAY

- 19 Find a way
- Give your time to help a project or charity you care about

Send friends a photo of a time you all enjoyed together

TUESDAY

- to craft what you are doing to give it

WEDNESDAY

- Today do something to care for the natural world
- 27 Today link

FRIDAY

- Take a minute to remember what really matters to you and why
- another culture
- Think about how your actions make a difference for others

SATURDAY

- 2 Do something
- Look out for positive news and reasons to be cheerful today
- you and notice five things you
- inspiring quote with others to give

SUNDAY

- Reconnect stuck indoors
- Take a positive action to help in your local community
- 24 Do something special today and revisit it in your
- 31 Look up at something bigger

ACTION FOR HAPPINESS <







Share photos

of 3 things you

find meaningful

or memorable

about an event in your life that was really meaningful





www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind