


March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>24</p>	<p>25</p> <p>@GivingTuesday</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>1</p> <p>Compliment ten people today. #WorldComplimentDay</p>	<p>2</p> <p>Clean out your garage. Think about creating a tool bank for your community. It's like a library, but for tools</p>
<p>3</p> <p>Make someone smile today #IWantYouToBeHappyDay</p>	<p>4</p> <p>It's #MarchForth: a day to take risks, think about your goals. Do anything that makes you feel good today</p>	<p>5</p> <p>Adopt mindfulness around your social media consumption #52Tuesdays</p>	<p>6</p> <p>Post something positive on social media.</p>	<p>7</p> <p>Put a surprise in your child or partner's lunch</p>	<p>8</p> <p>Think about what you can do to champion gender balance #InternationalWomensDay</p>	<p>9</p> <p>Paint kindness rocks and leave them in the local park</p>
<p>10</p> <p>Discuss an issue in your community at your dinner table.</p>	<p>11</p> <p>Make a list of 10 things you're grateful for</p>	<p>12</p> <p>#NationalPlant AFlowerDay You know what to do</p>	<p>13</p> <p>Give a \$5 gift card to a stranger</p>	<p>14</p> <p>#CrowdfundingDay Find a Kickstarter to support.</p>	<p>15</p> <p>Put your phone away and talk with your Lyft driver</p>	<p>16</p> <p>Build a "free little library" box for your yard or donate to one nearby</p>
<p>17</p> <p>Accidentally drop a dollar to make someone feel lucky</p>	<p>18</p> <p>Write inspiring quotes on sticky notes and leave them on cars</p>	<p>19</p> <p>Take some time to appreciate the ways social workers empower people #WorldSocialWorkDay</p>	<p>20</p> <p>Pledge to spread happiness today and every day #InternationalDay ofHappiness</p>	<p>21</p> <p>Set an example for others to spread generosity #NationalCommon CourtesyDay</p>	<p>22</p> <p>Stop and have a conversation with someone who is experiencing homelessness.</p>	<p>23</p> <p>Volunteer at a local animal shelter</p>
<p>24</p> <p>Put stray grocery carts back in the corral</p>	<p>25</p> <p>Pay for someone's toll or parking meter</p>	<p>26</p> <p>Learn something new about a different culture #52Tuesdays</p>	<p>27</p> <p>Send flowers anonymously to someone</p>	<p>28</p> <p>Start a piggy bank for a cause</p>	<p>29</p> <p>Tip your server 50%</p>	<p>30</p> <p>Turn your lights off at 8:30 pm local time #EarthHour</p>
<p>31</p> <p>Support a local farm by visiting a farmer's market</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	