I make a commitment to strive for positivity in my life for the next 40 days. I will practice being kind to others as well as to myself.

Forty Days of Positive Actions and Thoughts

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|   |   |   | **Day 1**  | **2** | **3** | **4** |
|  **Sunday** Be Safe | **5** | **6** | **7** | **8** | **9** | **10** |
|  **Sunday**Be Honest/ Act with Integrity | **11** | **12** | **13** | **14** | **15** | **16** |
| **Sunday**Be Kind | **17** | **18** | **19** | **20** | **21** | **22** |
| **Sunday**Care for others/Respond with Empathy | **23** | **24** | **25** | **26** | **27** | **28** |
| **Sunday**Be Thankful/ Show Gratitude | **29** | **30** | **31** | **32** | **33** | **34** |
| **Sunday**Make a difference/ Aim for Impact | **35** | **36** | **37** | **38** | **39** | **40** |