



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 - March 2 – Ash Wednesday – Find one thing to be grateful for and thank someone for it.	Day 2 – March 3 At one point today, take a moment to pick up or clean up something that you are not necessarily told to do.	Day 3 – March 4 Today, think of 3 things that you have been given in the last month.	Day 4 – March 5 Today, when you go outside, take 3 deep breaths, in through your nose and out through your mouth. How do you feel afterwards?
Sunday – March 6 Take Care of Yourself	Day 5 – March 7 Tonight, try going without TV, video games or movies for at least 30 minutes before you go to sleep.	Day 6 – March 8 Think about how you felt this morning. How could better sleep lead to better days for you?	Day 7 – March 9 Today, list 3 things you like about yourself. It can be your appearance, your personality, your talents - anything that makes you who you are.	Day 8 – March 10 Take 15 minutes to read or write quietly today. It can be a book, a magazine, reading lyrics, writing in a journal or writing a song or poem.	Day 9 – March 11 Think about your favorite things to do. How do they make you feel? Is there something different that you think would make you feel better?	Day 10 – March 12 Try something new today. Maybe a new food, reading a book, playing a new sport or board game or even talking with someone you haven't before.
Sunday – March 13 Be Honest/ Act with Integrity	Day 11 – March 14 Challenge yourself today to think of what integrity means to you. Who is someone you know who has integrity? How can you show integrity?	Day 12 – March 15 Today, think of what you would do if you were in a store with no employees, no cameras, no police. What would you do?	Day 13 – March 16 Today, think about a time when someone was dishonest towards you and a time when you were dishonest with someone. How did you feel?	Day 14 – March 17 Today, challenge yourself to answer everyone honestly - even if it is uncomfortable.	Day 15 – March 18 Today, if you have "borrowed" or taken something from someone, do what is necessary to return it to them.	Day 16 – March 19 Today, work with others to create a pros and cons list of being honest and having integrity.
Sunday – March 20 Be Kind	Day 17 – March 21 Today, go out of your way to either hold a door for someone, or clear someone else's place after a meal.	Day 18 – March 22 Today, think of 3 times when someone has been kind to you. How did that make you feel? How could you show that to others?	Day 19 – March 23 Today, create at least one card or note that compliments someone else and then give that to them.	Day 20 – March 24 Today, congratulate someone on something. It could be big or small, but recognize a win for someone else.	Day 21 – March 25 Offer to do someone else's chore either today or tomorrow - no strings attached.	Day 22 – March 26 Take 10 minutes today to be nice to someone. This can be helping someone, talking with someone or doing something for them.
Sunday – March 27 Care for Others/Respond with Empathy	Day 23 – March 28 Today, ask someone how their day is going and be prepared to listen to whatever they have to say.	Day 24 – March 29 Today, think of 2 people you know who might be having a hard time with something. Write down how you could show them you care.	Day 25 – March 30 If possible, take a moment today to reach out to the people that came to mind yesterday and let them you know care.	Day 26 – March 31 For today, try to either give someone your seat, your place in line, or your control of the TV/ game console.	Day 27 – April 1 Today, think of what it felt like the last time someone stopped what they were doing they were doing listened to you and focused on what you were saying.	Day 28 – April 2 Today, when someone talks to you, stop what you are doing and listen to them and focus on what they are saying.
Sunday – April 3 Be Thankful/ Show Gratitude	Day 29 – April 4 Thank someone who provided a meal for you. Whether it was made for you or you bought it, genuinely thank them for their work.	Day 30 – April 5 Today, write down one person who has taught you something - whether a teacher, counselor or friend. Write what they taught you.	Day 31 – April 6 Today, go to the person that you identified yesterday and thank them specifically for what they taught you.	Day 32 – April 7 Today, make a card or write a note for someone serving in the military. You don't have to know their name, but thank them for their service.	Day 33 – April 8 Today, buy something small and non-perishable for the person you wrote a note to yesterday.	Day 34 – April 9 Today, get together with other people completing this challenge and put together a care package for a service member.
Sunday- April 10 Palm Sunday Make a difference/ Aim for Impact	Day 35 – April 11 Think of one person who has done something to make your life better. What did they do?	Day 36 – April 12 What is one thing that you think could be better in the place where you live? What can you do about it?	Day 37 – April 13 Today work with other people completing this challenge to either do or make a plan to do something to make your living space or community better.	Day 38 – April 14 Maundy Thursday Today, think of what it means to be a good friend. Who is someone who has been a good friend and positive person for you?	Day 39 – April 15 Good Friday Today, make it a point to recognize a friend or positive person in front of others for something they have done for you.	Day 40 – April 16 Holy Saturday Today write down how participating in this program has made an impact for you and for others. Share this with someone.