







A. Free Motivation for you... :)	
<input type="checkbox"/> THINK BIG! <input type="checkbox"/> Go You! <input type="checkbox"/> Make shift happen! <input type="checkbox"/> YOU LIGHT UP THE WORLD	
B. Happy! EZ actions to do...	
<input type="checkbox"/> Be kind-share a treat <input type="checkbox"/> be grateful-send a thank-you <input type="checkbox"/> Be a reader :) -read aloud to a child <input type="checkbox"/> BE YOU!	
C. Share this...something I LOVE	
<input type="checkbox"/> ♥ fav book _____ <input type="checkbox"/> ♥ fav movie _____ <input type="checkbox"/> ♥ fav quote _____ <input type="checkbox"/> ♥ fav recipe _____	 write on!
Pay it ForWard!	
RANDOM ACTS OF KINDNESS	
1. Offer to help an elderly person with their yard, mowing or raking leaves. 2. Talk to someone who looks lonely. 3. Pay for the next person in line. 4. Buy 2 of something you enjoy & give one away. 5. Offer to babysit for a friend. 6. Leave a snack for a co-worker. 7. Let someone in front of you in line. 8. Tape change to a vending machine. 9. Take a pie to your local firehouse. 10. Offer directions to someone looking lost. 11. If you buy a new gizmo, give the old one away. 12. Leave a thank-you note at the police station. 13. Bring flowers from your garden to co-workers. 14. Donate pet food to a shelter. 15. Clean up litter on your street. 16. Smile at two strangers a day. 17. Hold a door open for someone. 18. Leave a nice surprise for a neighbor. 19. Send a thank-you note to a teacher. 20. Take flowers to a nursing station in the nearest hospital.	
Thank You! www.dailyplanit.com	

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