# Action Calendar – Meaningful May 2023

## Meaningful May - Day 1 Monday

Do something kind for someone you really care about

## Meaningful May - Day 2 Tuesday

Focus on what you can do rather than what you can't do

## Meaningful May - Day 3 Wednesday

Take a step towards an important goal, however small

## Meaningful May - Day 4 Thursday

Send your friend a photo from a time you enjoyed together

## Meaningful May - Day 5 Friday

Let someone know how much they mean to you and why

## Meaningful May - Day 6 Saturday

Look for people doing good and reasons to be cheerful

## Meaningful May - Day 7 Sunday

Make a list of what matters most to you and why

## Meaningful May - Day 8 Monday

Set yourself a kindness mission to help others today

## Meaningful May - Day 9 Tuesday

What values are important to you? Find ways to use them today

## Meaningful May - Day 10 Wednesday

Be grateful for the little things, even in difficult times

## Meaningful May - Day 11 Thursday

Look around for things that bring you a sense of awe and wonder

## Meaningful May - Day 12 Friday

Listen to a favourite piece of music and remember what it means to you

## Meaningful May - Day 13 Saturday

Find out about the values or traditions of another culture

## Meaningful May - Day 14 Sunday

Get outside and notice the beauty in nature

## Meaningful May - Day 15 Monday

Do something to contribute to your local community

## Meaningful May - Day 16 Tuesday

Show your gratitude to people who are helping to make things better

## Meaningful May - Day 17 Wednesday

Find a way to make what you do today meaningful

## Meaningful May - Day 18 Thursday

Send a hand-written note to someone you care about

## Meaningful May - Day 19 Friday

Reflect on what makes you feel valued and purposeful

## Meaningful May - Day 20 Saturday

Share photos of 3 things you find meaningful or memorable

## Meaningful May - Day 21 Sunday

Look up at the sky. Remember we are all part of something bigger

## Meaningful May - Day 22 Monday

Find a way to help a project or charity you care about

## Meaningful May - Day 23 Tuesday

Recall three things you've done that you are proud of

## Meaningful May - Day 24 Wednesday

Make choices that have a positive impact for others today

## Meaningful May - Day 25 Thursday

Ask someone else what matters most to them and why

## Meaningful May - Day 26 Friday

Remember an event in your life that was really meaningful

## Meaningful May - Day 27 Saturday

Focus on how your actions make a difference for others

## Meaningful May - Day 28 Sunday

Do something special and revisit it in your memory tonight

## Meaningful May - Day 29 Monday

Today do something to care for the natural world

## Meaningful May - Day 30 Tuesday

Share a quote you find inspiring to give others a boost

## Meaningful May - Day 31 Wednesday

Find three reasons to be hopeful about the future