# Action Calendar – Meaningful May 2022

## Meaningful May - Day 1 Sunday

Do something kind for someone you really care about

## Meaningful May - Day 2 Monday

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

## Meaningful May - Day 3 Tuesday

Take a step towards an important goal, however small

## Meaningful May - Day 4 Wednesday

Send your friend a photo from a time you enjoyed together

## Meaningful May - Day 5 Thursday

Let someone know how much they mean to you and why

## Meaningful May - Day 6 Friday

Look for people doing good and reasons to be cheerful

## Meaningful May - Day 7 Saturday

Make a list of what matters most to you and why

## Meaningful May - Day 8 Sunday

Set yourself a kindness mission to help others today

## Meaningful May - Day 9 Monday

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

## Meaningful May - Day 10 Tuesday

Be grateful for the little things, even in difficult times

## Meaningful May - Day 11 Wednesday

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

## Meaningful May - Day 12 Thursday

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

## Meaningful May - Day 13 Friday

Find out about the values or traditions of another culture

## Meaningful May - Day 14 Saturday

Get outside and notice the beauty in nature

## Meaningful May - Day 15 Sunday

Do something to contribute to your local community

## Meaningful May - Day 16 Monday

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

## Meaningful May - Day 17 Tuesday

Find a way to make what you do today meaningful

## Meaningful May - Day 18 Wednesday

Send a hand-written note to someone you care about

## Meaningful May - Day 19 Thursday

Reflect on what makes you feel valued and purposeful

## Meaningful May - Day 20 Friday

Share photos of 3 things you find meaningful or memorable

## Meaningful May - Day 21 Saturday

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

## Meaningful May - Day 22 Sunday

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

## Meaningful May - Day 23 Monday

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

## Meaningful May - Day 24 Tuesday

Make choices that have a positive impact for others today

## Meaningful May - Day 25 Wednesday

Ask someone else what matters most to them and why

## Meaningful May - Day 26 Thursday

Remember an event in your life that was really meaningful

## Meaningful May - Day 27 Friday

Focus on how your actions make a difference for others

## Meaningful May - Day 28 Saturday

Do something special and revisit it in your memory tonight

## Meaningful May - Day 29 Sunday

Today do something to care for the natural world

## Meaningful May - Day 30 Monday

Share a quote you find inspiring to give others a boost

## Meaningful May - Day 31 Tuesday

Find three reasons to be hopeful about the future