

# B

Organize a drawer

Clean off the counter

Process 10 pieces of paper

Give a compliment to someone

Perform a kind act

# I

Read a book

Create a family notebook

Play a card game

Send a letter to someone

Create a meal plan for the week

# N

Find 10 items to donate

Clean your toilets



Grocery shop for a neighbor

Label your pantry

# G

Turn off your cell phone for 1 hour

Facetime with family

Purge the playroom

Spend 1 hour outside

Take a night off & order take out

# O

Do something nice for yourself

Organize a closet

Pray for someone

Delete 50 photos from your phone

Exercise for 30 minutes