



COMMUNITIES  
OF  
BELONGING

# May 2024: Month of Good Things

| Sunday   | Monday   | Tuesday                             | Wednesday                                      | Thursday  | Friday   | Saturday  |
|--|--|-------------------------------------|--|---|--|---|
| 28   | 29   | 30                                  | 1  | 2   | 3  | 4   |
|  |  |                                     | Find a photo of yourself experiencing JOY!     | Try a new, gentle ritual to mindfully start your day  | Eat a meal outside   | Create a list of positive words and refer to it often (to build strong neural pathways) |
| 5  | 6  | 7                                   | 8  | 9   | 10   | 11  |
| Use all 5 of your senses to recall a positive memory | Show appreciation to your body   | Share an adventure with a friend    | Listen to music that uplifts your spirit       | Experiment with spices and color while cooking        | Ask an elder to tell you a positive story from their early years | Do something you enjoy (regardless of mastery or skill 😊)                               |
| 12   | 13   | 14                                  | 15   | 16  | 17   | 18  |
| Say yes to an invitation                             | Create something artistic just for fun   | Spend time in a garden              | Surprise someone by remembering their birthday | Buy a coffee for the next person in line              | Spend an evening by candlelight                                  | Make a celebration  |
| 19   | 20   | 21                                  | 22   | 23  | 24   | 25  |
| Invite a neighbor over for a meal                    | Visit a garage sale or thrift store for an inexpensive treasure                      | Visit someplace new                 | Experiment with fragrance and find a favorite  | Reminisce with a sibling or childhood friend          | Create a collage of your favorite things                         | Enjoy a technology-free day   |
| 26   | 27   | 28                                  | 29   | 30  | 31   | 1   |
| Wear something unusual to brighten your mood         | <b>Memorial Day</b><br>Attend a celebration honoring fallen military service members | Allow spontaneity to guide your day | Take a walk in nature                          | Share a positive story with a friend or family member | Write and share a list of your favorite life moments so far 😊    |   |