

MARCH 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Commit to joining SPUR for a month of good deeds!	2 Read a book to a young reader for National Read Across America Day.	3 Read about how you can help endangered species for World Wildlife Day.	4 Clean out your closet and donate to an organization that matters to you.	5 Leave a positive review for a favorite local business.	6 Pick up 5 pieces of litter while walking around your neighborhood.
7 Phone a friend just to say hi.	8 Celebrate the women who have impacted you on International Women's Day!	9 Write to your congressperson about an issue that matters to you.	10 Make dog biscuits for a furry friend or local shelter.	11 Compliment 3 people on something they're doing well.	12 Gather up unused toiletries for personal care kits.	13 Make time for self care. Being kind to yourself is important.
14 Ask a loved ones what you can do to help them.	15 Leave a thank you note for your trash collector.	16 Support a local business by ordering take-out.	17 Mail a note to a friend to brighten their day.	18 Find ways to reduce, reuse, & recycle on Global Recycling Day!	19 Take time to reflect on the things for which you are grateful.	20 Tell a joke to a friend for United Nations International Day of Happiness.
21 Write an encouraging note to a friend who is struggling.	22 Check in on a neighbor.	23 Thank your mail carrier.	24 Donate canned goods to a local food pantry.	25 Ask a friend how they are doing.	26 Write a thank you note to a teacher who made a difference.	27 Switch off your power for #EarthHour
28 Leave a book in a Little Free Library.	29 Like and follow a local business you love on social media.	30 Tell someone you care about them.	31 Use sidewalk chalk to share positive messages with your community.			

