O4 JUNE



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Personal Practice	4 Resolution Work	5 Make a list of people or organizations in your area who you could help	6 Contact at least 1 of the groups from yesterday's list to see how you can help.	7 Introduce yourself to a neighbor.	8
9	10 Personal Practice	11 Resolution Work	Research what current issues are being addressed by your local government	Facilitate an activity to promote family unity.	Donate to your favorite charity.	15
16	17 Personal Practice	18 Resolution Work	Have a conversation with a stranger.	20 Write a thank you letter to someone who has impacted you in your life.	21 Volunteer at a local food bank.	22
30	24 Personal Practice	25 Resolution Work	Involve your family in a service project.	Visit an old folks home and make a new friend.	28 Perform a random act of kindness for someone.	29