

# best day ever!

Feb. 5

Leave extra pennies on the pony ride at Meijer

Feb. 12

Connect with a single parent/person /widow or widower

Feb. 19

Let someone go in front of you in line

Feb. 26

Visit or send a card/flowers to someone that needs a pick-me-up

Mar. 4

Have a totally tech-free night (put the phones down)

Mar. 11

Tell your boss something positive about a co-worker

Mar. 18

Pay for the person behind you in line or in the drive-thru

Mar. 25

Invite someone to church for Easter

Apr. 1

Reach out & mend a strained relationship

Apr. 8

Park further out to save a close parking spot for another

Apr. 15

Memorize a Bible Verse this week!

Apr. 22

Offer to volunteer/serve in some capacity

Apr. 29

Honor someone in the medical field

May 6

Do something special for a teacher

May 13

Say thank you to someone in law enforcement

May 20

Return a shopping cart to its proper place

May 27

Praise a local business online

Jun. 3

Invite a new co-worker to lunch

Jun. 10

Put a positive note somewhere around town

Jun. 17

Double your tip at a restaurant

Jun. 24

Text an encouraging message to someone in your contacts

Jul. 1

Thank a Veteran for their service

Jul. 8

Offer to help or run an errand for a busy friend

Jul. 15

Make a mailbox memory: send a letter in the mail

Jul. 22

Pay for the person behind you in line

*join us in creating a community of JOY and give someone the best day ever!*



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Jul. 29

Take bottled water to construction or lawn care workers

Aug. 5

Hold your tongue! Make this a no complaints week

Aug. 12

Visit or call your parents

Aug. 19

Text someone good morning or goodnight

Aug. 26

Pray for our students as they head back to school

Sept. 2

Cook a meal, or dessert, for someone who is struggling

Sept. 9

Tell your child's coach/director /mentor "thank you"

Sept. 16

Plan a date night

Sept. 23

Leave happy notes around your area at home or work

Sept. 30

Report great service to a manager

Oct. 7

Write a note of thanks to your pastor/youth leader

Oct. 14

Bring coffee or a treat to a friend or co-worker

Oct. 21

Do something special for a bus driver

Oct. 28

Be intentionally positive on social media

Nov. 4

Pray for our country

Nov. 11

Sit down with a family member and look at photos

Nov. 18

Offer to run an errand for a friend

Nov. 25

Write down the things your family is thankful for and share them

Dec. 2

Offer to help put up Christmas decorations

Dec. 9

Spread cashier-cheer! Thank a cashier for their work

Dec. 16

Pay for the person behind you in line

Dec. 23

Invite someone to church for Christmas

Dec. 30

Review your year and make a plan for how to make next year even better

*share your challenges with us:*

[www.joy99.com](http://www.joy99.com)

@joy99.3 on Facebook & Instagram

page 2



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