


June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Listen with all our senses	2 Send a surprise gift
3 Be kind to yourself - write down three things for which you are grateful	4 Write a postcard to a friend	5 Let another driver merge into your lane	6 Take flowers to the nursing station at your hospital	7 Leave a generous tip for a pleasant waiter	8 Send a care package to a service member	9 Buy a few extra items at the grocery store for the local food bank
10 Be kind to yourself - take a walk with a friend	11 Plant flower	12 Return your grocery cart - and take an extra back into the store	13 Hold open the door for people	14 Write compliments on mirrors with dry erase markers	15 Give a sincerely compliment to a coworker	16 Throw away your trash - and someone else's- after a move, picnic or visit to a park
17 Be kind to yourself - write down three things you learned from your father	18 Write a kind or encouraging message on a napkin	19 Feed the birds	20 Insert coins into someone's parking meter	21 Leave a letter of encouragement on someone's car	22 Take the day to not complain	23 Join the bone marrow registry
24 Be kind to yourself - do something that makes you laugh out loud	25 Send coloring books to sick children in the hospital	26 Take treats to your County Clerk's office	27 Learn to say "hello" in different languages	28 Let someone check out in head of you at the grocery store	29 Pay for someone's meal at a restaurant	30 Offer to run an errand for someone
1	2	 <p>UTAH ASSOCIATION OF COUNTIES <i>The Unifying Voice for County Government</i></p>				