<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<td>26</td>
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<td>30</td>
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<td>RESPECT FOR PARENTS DAY</td>
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<tr>
<td>Host a get together with friends.</td>
<td>Make a conscious effort to smile more today.</td>
<td>Leave a basket of snacks and bottled water by your front door at home and/or at work for delivery workers.</td>
<td>Do a household chore that your partner normally does to show them that you appreciate how much they do.</td>
<td>Leave encouraging notes for local street performers/artists.</td>
<td>Organize a “Charity Day” at work.</td>
<td>Set aside some time today for self-care.</td>
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<td>Organize a picnic day at the park with friends, family or partner.</td>
<td>Leave an inspiring book on the train with a note to pass it on.</td>
<td>Help a parent traveling solo to entertain their kids.</td>
<td>Donate to an animal related cause.</td>
<td>Create a community GoFundMe for a family in financial crisis.</td>
<td>Purchase bright yellow tulips and hand them to a stranger who is alone.</td>
<td>Find an outdoor hobby or outdoor group to join.</td>
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<td>Offer to drive a senior citizen to an appointment or for an errand.</td>
<td>Listen to everyone’s opinion and thank them for sharing.</td>
<td>Make a habit of including healthy food choices into your daily diet.</td>
<td>FREE DAY! How can you go outside your comfort zone today?</td>
<td>Offer to shop for someone going through a difficult time.</td>
<td>Mentor someone at work.</td>
<td>Make a playlist of music that inspires you and put it on your phone to listen to regularly.</td>
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<td>Be present today.</td>
<td>Prepare a home cooked meal for your family. Make an extra dish to deliver to a homeless person.</td>
<td>Spend a day saying only nice things about everyone.</td>
<td>Give someone the gift of your ear by listening to them today.</td>
<td>Put your phone away while in the company of others.</td>
<td>Plan a weekend getaway in nature and unplug from all electronic devices.</td>
<td>Get inspired! Play a musical instrument.</td>
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<td>Gift an inspiring book.</td>
<td>Organize a workplace volunteer activity.</td>
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