

THE BEST DAYS OF YOUR YEAR

The "Good Stuff" Calendar 2018

PLEASE COMPLETE DAILY...OR NOT

Use this calendar with great intention. It's design is for daily gratitude and the spreading of love, compassion, and joy.



www.nandoism.com

The "Good Stuff" Calendar 2018

INSTRUCTIONS ON USING THE CALENDAR:

1. Start the day off with gratitude.

Discover 3 things you're grateful for today (or the previous day) in the spaces provided.

2. Spread joy to others.

Contact someone and leave them a happy message...make them feel good.

Example: *"Hey, thought of you--have a fantastic day!"* Or

"You know, I miss your wacky-ass corny jokes--have a good one!" Or

"Hey, How are you and that crazy EX colleague of yours doing? I know you got dis! "

OR what ever you want to say, make it personal *and* happy.

Once you document who you messaged, circle the method of contact.

(F=face to face, E=email, T=text, P=phone & O=other like Twitter, Facebook, etc)



Mon: _____

Tues: _____

Wed: _____

Thurs: _____

Fri: _____

Sat: _____

Sun: _____

grateful for:

- 1. _____
- 2. _____
- 3. _____

messaged:

- 1. _____

f e t p o

Mon: _____

Tues: _____

Wed: _____

Thurs: _____

Fri: _____

Sat: _____

Sun: _____

grateful for:

- 1. _____
- 2. _____
- 3. _____

messaged:

- 1. _____

f e t p o

Mon: _____

Tues: _____

Wed: _____

Thurs: _____

Fri: _____

Sat: _____

Sun: _____

grateful for:

- 1. _____
- 2. _____
- 3. _____

messaged:

- 1. _____

f e t p o

Mon: _____

Tues: _____

Wed: _____

Thurs: _____

Fri: _____

Sat: _____

Sun: _____

grateful for:

- 1. _____
- 2. _____
- 3. _____

messaged:

- 1. _____

f e t p o

Month: _____

notes: _____

