

# 21 Good Things-To-Do

Have an  
attitude  
of gratitude ☐

Practice  
kindness ☐

Let go of  
things I can't  
control ☐

Smile  
more ☐

Let somebody  
into the  
traffic ☐

Be generous  
with  
compliments ☐

Sing in  
the shower ☐

Return the  
shopping  
trolley ☐

Give great  
reviews ☐

Pick up  
litter ☐

Donate  
blood ☐

Smell  
flowers ☐

Wear  
sunscreen ☐

Be  
patient ☐

Teach  
someone  
a skill ☐

Keep a  
gratitude  
journal ☐

Plant  
something  
edible ☐

Remember  
to floss ☐

Dance for  
no reason ☐

Try a new  
hobby ☐

Pay it  
forward ☐