

# Grow Your Soul

GOODNET  
GATEWAY TO DOING GOOD

New Year New You

*JANUARY 2023*

01 Make eye contact	02 Forgive someone	03 Meditate	04 Write in a journal	05 Visit a lonely person	06 Spend time in nature	07 Do yoga
08 Watch comedy	09 Read a great book	10 Tap into crystal energy	11 Send a holiday card	12 List your positive traits	13 Sing your heart out	14 Care for your plants
15 Compliment someone	16 Call an out of touch friend	17 Pay for someone's meal	18 Paint a rock	19 Watch a spiritual movie	20 Send an inspiring article	21 Clear your energy
22 Dance like nobody's watching	23 Teach a skill	24 Send an inspirational quote	25 Appreciate your family	26 Create a self-made gift	27 List things you cherish	28 Talk to a stranger
29 Praise a coworker	30 Pick a positive affirmation	31 Do breathwork				