







31 Days to a Closer F(r)amily

October 2017

Closely, Simply, Freely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Make a list of your most valued friends and family.	2 Write a physical note to someone and leave it where they will find it.	3 Ask how a store clerk is doing today. And then listen.	4 Comment nicely on three different social media posts.	5 Play a board game. 	6 Leave a weirdly big tip at dinner.	7 Go on a hike with someone.
8 Make someone else's favorite meal for them.	9 Play like a kid today. 	10 Send a thank you note.	11 Call a human voice on the phone.	12 Do a chore for someone else.	13 Write down positive thoughts about someone you DON'T like.	14 Write a love letter. Be brave enough to send it.
15 Give someone an awkwardly long hug.	16 Text someone you don't normally text with a kind word.	17 You (and a friend) plan a no-limitations imaginary vacation.	18 Buy a special dessert to share with someone. 	19 Blow off a task or event to spend time with a loved one.	20 Go out to dinner and let the other person pick the restaurant.	21 Find a festival or outdoor market to attend.
22 Go tech free all day long. 	23 Speak to a neighbor you usually just wave to.	24 Make a seasonal craft with someone. Even if you just throw it away.	25 Go for a walk around your neighborhood.	26 Make s'mores to share. (You can use the microwave.)	27 Host a dinner party. 	28 Pajama Adventure!
29 Plan meals for the week with others.	30 Mail a "Thinking of You" card. 	31 Give a morning hug to someone.				

Notes: _____
