

30 DAYS OF LOVE AND LAUGHTER 2024

Zina Sutch and Patrick Malone

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Write 3 things that you're thankful for.

Tell a stranger a joke.

Thank someone.

Read the comic section of the newspaper.

Smile.

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Visit a toy store.

Volunteer.

Wear Groucho Marx glasses to the grocery store.

Pay it forward at your fave coffee shop.

Make a funny face at a baby.

Tell someone you appreciate them.

Write a limerick.

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Send a card to someone to say hi.

Sing in public.

Facetime an old friend.

Dance in public.

Draw a picture and send to a relative.

Buy a yoyo.

Find your oldest friend.

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Wear a funny hat.

Hold the door for someone.

Tap dance while in line at the supermarket.

Complement a stranger on their shoes.

Laugh.

Be kind.

Master a tongue twister.

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Name one thing you like about yourself.

Learn a magic trick.

Offer to help.

Wear different socks on each foot.

Letting Go and Getting Real at Work