

Write down 5 things you are grateful for in your journal	Attend Mission Prep class	Heart attack someone with uplifting quotes	Text an uplifting quote to the 25th person on your contact list	Share a scripture
Donate \$1 to Humanitarian Aid in a tithing envelope	Write a letter of appreciation to a teacher that inspired you this year	Take a neighbors garbage cans in and out	Bring a friend to your next YW activity	Take a walk and find something heart shaped in nature
Watch the sunrise or sunset with a friend and talk about your day	Write or email a missionary in our ward	Free Choice of Service	Call your grandma	Plant some seeds and help them grow
Send a letter to a sister in the villas	Visit the temple	Share a General Conference quote on social media	Memorize the youth theme scripture D&C 64:33-34	Share something you learned at church with a friend
Index 25 names	Clean up 100 pieces of litter at a park or in the neighborhood	Take a treat to someone	thought or joke on the YW Marco Polo	Give one sincere compliment to everyone you meet today

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