

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

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

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