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Share joyfully | Week 3

Share a Hug | Week 4

Celebrate You | Week 5

Acts of Service | Week 6

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Give the Gift of Life | Week 8

Practice Deep Listening | Week 9

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Give a little forgiveness| Week 11

Just Because | Week 12

Spend Less | Week 13

Give Love Away | Week 14

Be Grateful | Week 15

Create Kindness | Week 16

Say I Love You. | Week 17

Begin Again | Week 18

Do No Harm | Week 19

Let Peace Be | Week 20

Thank the Sun | Week 21

Seek out the Beauty | Week 22

Be Positive | Week 23 |

Make room for possibility | Week 24

Take a walk in nature | Week 25

Savour the Moment | Week 26

Create Better | Week 27

Give Thanks | Week 28

Seek to find value in all things | Week 29

Take time in the quiet. | Week 30

Give your time away | Week 31

Create space for possibility | Week 32

Sing a song of joy | Week 33

Be at peace with yourself | Week 34

Breathe | Week 35

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In all ways, be compassionate | Week 39

Express your gratitude | Week 40

Take Action | Week 41

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