

# A Year of Spring:

thirty-one still small somethings to cultivate growth in any season of life



- 1 Make something normally store-bought.
- 2 Financially support something you love.
- 3 Produce something that takes a long time and lasts a long time.
- 4 Explore somewhere in nature you've never been.
- 5 Read something that has stood the test of time.
- 6 Give something thoughtful to someone you love.
- 7 Finish something you've been procrastinating.
- 8 Send something in the mail to someone you miss.
- 9 Capture something meaningful by recording it in some way
- 10 Eat something adventurous
- 11 Create something visually beautiful
- 12 Do something that revives an old trend
- 13 Unplug from something and do nothing
- 14 Grow something new from seed
- 15 Learn about something completely unfamiliar to you
- 16 Befriend someone you don't know
- 17 Serve somewhere in your community
- 18 Gain practical wisdom from someone from an older generation
- 19 Wear something bold and unique (you normally wouldn't)
- 20 Teach someone a new skill
- 21 Eat or drink something made locally
- 22 Cook or bake something from another country
- 23 Travel somewhere you've never been
- 24 Find a new use for something old
- 25 Do something kind for a neighbor
- 26 Buy someone something they can't afford
- 27 Do something you haven't done since you were a kid
- 28 Visit somewhere historic
- 29 Try something active you've never done before
- 30 Ask someone to choose an album for you to listen to without interruption
- 31 Participate in something that's an international initiative

