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