

PINEAPPLE

Reserve an Airbnb in Ukraine Put direct help in the people's hands. Walk someone's Dog or help a senior with their groceries.

Send someone a pizza delivery.

4

Buy 10 lotto tix and give them to service providers you encounter.

5

Take a walk for you & pick up little for the Earth. 6

Donate books to the library or post a freebie on social media. (Like this one!)

7

Donate Blood 8

Volunteer at an animal shelter, food pantry, or to read a book for a pre-school class. 9

Call someone you haven't talked to in over a month.

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Send an e card with www.paperlesspost.com or a text saying why they're AWESOME! Awesome Bonus

Do something for yourself and celebrate your AWESOMENESS!

July Bodus

Book The Wise Pineapple to reenergize, inspire, and renew in 2022!
Click here to learn more:
www.thewisepineapple.com