

Write weekly letters to missionaries from your ward - Let someone go in front of you at the checkout line - Hug at least three people a day - Everybody loves getting cookies - Help a child in primary memorize the Articles of Faith - Write a letter of appreciation - Print out a Scripture a day, and leave it for someone.- Vacuum someone's living or family room - Pick up litter in the park - Smile at everyone today - Give a compliment - Prepare a meal for someone in need - Volunteer at a school function -

Hug at least three people a day - Everybody loves getting cookies - Help a child in primary memorize the Articles of Faith - Write a letter of appreciation - Print out a Scripture a day, and leave it for someone.- Vacuum someone's living or family room - Pick up litter in the park - Smile at everyone today - Give a compliment - Prepare a meal for someone in need - Volunteer at a school function -

# Have I Done Any Good in the World Today?

## 30-Day Service Challenge

Let us ask ourselves the questions: "Have I done any good in the world today? Have I helped anyone in need?" What a formula for happiness! What a prescription for contentment, for inner peace—to have inspired gratitude in another human being.

Our opportunities to give of ourselves are indeed limitless, but they are also perishable. There are hearts to gladden. There are kind words to say. There are gifts to be given. There are deeds to be done. There are souls to be saved. -President Thomas S. Monson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Write weekly letters to missionaries from your ward - Let someone go in front of you at the checkout line - Hug at least three people a day - Everybody loves getting cookies - Help a child in primary memorize the Articles of Faith - Write a letter of appreciation - Print out a Scripture a day, and leave it for someone.- Vacuum someone's living or family room - Pick up litter in the park - Smile at everyone today - Give a compliment - Prepare a meal for someone in need - Volunteer at a school function -