

*Set words aside  
for a rainy day.*



# 5

## SHARE GOOD THOUGHTS FOR TOUGH TIMES.

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Write bad-day letters with someone who you know and care about deeply. Each of you gets to write a note about why the other one matters—why they're wonderful and appreciated and necessary to the world. Exchange letters and keep yours sealed until a moment when you need it, then open it and read it as often as you like.

*better together*

*Find out where  
you come from.*



# 6

## DIVE INTO YOUR HERITAGE.

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Using photo albums, family trees, conversations with relatives, or the free resources available at your local library or online, go on a search to discover things you never knew about your family history. What neighborhoods did your relatives live in? How did they make a living? What were their names, their hobbies, the things that they loved? How do you carry on their lineage in the life you live today?

*better together*

*Fold a smile into  
an envelope.*

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# 20

## MAIL SOMEONE A BRIGHTER DAY.

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Put together a letter-writing box, stocked with stamps, stationery, postcards, and the addresses of people whose mailboxes could use a surprise. Write a short but meaningful note whenever a few minutes present themselves—while you're waiting for your coffee to brew, between appointments, during a commercial break—and drop it in the mail so your words can be on their way.

*better together*