

20 Days of Action to #gothedistance (May 4-29)

Designed for the Euth Foundation's Coronaut™ Corps (www.euth.org)

Instructions

The Euth Foundation's 20 Days of Action will help you start creating change, de-stress, #stayhealthy, and #stayhopeful. Keep track of how many items you complete. Each Friday, click on the "Tell Us Your Progress" button at www.euth.org/20days and tell us how many items you completed that week. For each action item you complete, you will earn 1/2 Corp Mile. Complete all items and earn 10 Corps Miles + entry into our monthly prize drawings. Our first prize drawing will be held on June 15, 2020, at 12:00 EDT. To learn more about our Coronaut Corps community and Corps Miles rewards program, visit www.euth.org.

May 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 4 Make a social media post using the graphic at www.euth.org/20days . In your post, complete the following sentence: "After COVID-19, I will..."; and tag 3 people to do the same with the hashtag #gothedistance. | 5 Write down one thing you learned from Global Launchpad or that you would like to learn through being a Coronaut Corps member. | 6 Send an encouraging note to a family member or friend. | 7 Think about who can work with you to create change. Contact one person to discuss the possibility of them volunteering with you or working with you on your own mission/project. | 8 Write down one thing that made you smile or laugh this week. Tell us how many action items you completed this week at www.euth.org/20days to earn Corps Miles. |
| 11 Write down one thing you plan to accomplish by the end of the week. | 12 Check your voter registration status. If you are registered to vote, make a social media post to encourage others to register. If you are not registered to vote, Google how to register in your community. | 13 Spend time doing something positive to stay healthy (e.g., exercise, watch a movie, cook a healthy meal). | 14 Call and check on someone older than you (e.g., a parent, grandparent, neighbor, mentor). | 15 Start a conversation with one person from the Euth Foundation's Global Launchpad or tell someone about the work you are doing to create change. Tell us how many action items you completed this week at www.euth.org/20days to earn Corps Miles. |
| 18 Sign up to be a volunteer on VolunteerMatch. | 19 Complete the 2020 Census. If you have already completed it, make a social media post to encourage others to complete it. | 20 Pause for two minutes and do nothing. Take some deep breaths. | 21 Write a thank-you note to someone. | 22 Reflect on an obstacle you had to overcome and write down how it made you stronger. Tell us how many action items you completed this week at www.euth.org/20days to earn Corps Miles. |
| 25 Write down one question you would like to answer this week. | 26 Read a newspaper article about a topic that interests you and share it on social media. | 27 Call and check on someone younger than you (e.g., a niece, nephew, cousin, friend, mentee, neighbor) that you do not regularly speak to. | 28 Write down one thing you are grateful for. | 29 Reflect on the last month and one thing you learned from completing the 20 Days of Action. Tell us how many action items you completed this week at www.euth.org/20days to earn Corps Miles. |

Key

The color coding indicates how we categorize action items based on the daily themes from Global Launchpad.

Action Items to Help You Start Your Mission

Action Items to Help You Survive and Thrive During Your Mission

Action Items to Help You Sustain Your Mission