Welcome to 2022! Take strides towards your new year goals by completing the tasks below. Focus on one task per day and revisit tasks as you wish.

- Connect with your community through a new (to you) volunteer opportunity.
- Start your journey toward social advocacy by reflecting on the causes you care about.
- Read more and pay it forward volunteering to read to kids, the elderly or those learning English.
- Enjoy the outdoors with a hike and learn more about the organizations keeping our public lands beautiful and accessible for all.
- Do your part for the environment. Volunteer with Puget Soundkeeper to pick up plastic marine debris on Washington’s beaches.
- Give blood: the American Red Cross’ blood supply is at its lowest level in more than a decade.
- Take up a new hobby: The Pacific Northwest is ripe with opportunities for birdwatching.
- Choose healthier food options and support those suffering from food insecurity by volunteering at or donating to your local food pantry.
- Learn more about eating a more plant-based diet from local nonprofit Tilth Alliance.
- Clean out your closet! Donate good quality clothing, shoes, and accessories to programs like Mary’s Place, Dress for Success or Roots Young Adult Shelter.
- Host a hygiene products drive. Food pantries need more than just food.
- Volunteer to spend time with an older adult experiencing loneliness and social isolation.
- Drink more water and learn more about the global effort to provide life-sustaining clean water at Water.org.
- Empower women’s health and social wellness by getting involved with the UW Alene Moris Women’s Center.
- Host a house party. Invite your friends over to hear a speaker from a nonprofit you love and invite them to give or volunteer.
- Get out and see a play or performance. Theatres need our support and seeing a show rocks!
- Share your skills – volunteer to teach a class or assist with one.
- Incorporate more inclusive language into your communications, starting with understanding correct pronoun use.
- Support frontline healthcare workers and help prevent compassion fatigue with your kindness and thanks.
- Support greater civic engagement. Volunteer to get out the vote, particularly among younger adults.
- Up your recycling game by taking UW Recycling’s online recycling & waste diversion course.
- Have a conversation with a friend or family member about how you can give more in 2022.