<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Set S.M.A.R.T. goals for 2024</td>
<td>2</td>
<td>Motivate and inspire others.</td>
<td>3</td>
<td>Practice relaxation skills.</td>
<td>4</td>
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<td>7</td>
<td>Start your week with mindfulness.</td>
<td>8</td>
<td>Register for the OAA Summit.</td>
<td>9</td>
<td>Be self-compassionate.</td>
<td>10</td>
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<td>14</td>
<td>Empower youth by planning for the future.</td>
<td>15</td>
<td>Honor Martin Luther King Jr. Day.</td>
<td>16</td>
<td>Enjoy cultural meals.</td>
<td>17</td>
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<td>21</td>
<td>Redefine your relationship with alcohol.</td>
<td>22</td>
<td>Explore Lunar New Year Celebrations.</td>
<td>23</td>
<td>Know the signs of teen substance use.</td>
<td>24</td>
</tr>
<tr>
<td>28</td>
<td>Prevent unsafe internet habits.</td>
<td>29</td>
<td>Serve others.</td>
<td>30</td>
<td>Participate in family game night.</td>
<td>31</td>
</tr>
</tbody>
</table>

Click the links for short activities you can do to help support everyday prevention in your community.

#EveryoneHasARole

Prevention Action Alliance