

DECEMBER 2025

31 DAYS OF GENEROSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Register for ASH Town Hall tomorrow	2 Attend ASH Town Hall and learn a fact about recent progress	3 Thank someone who has helped others quit smoking	4 Follow ASH on social media to stay informed	5 Listen to a friend or family member who's trying to quit	6 Invite someone to join you in this generosity challenge
7 Read about how tobacco impacts the environment	8 Help clean up tobacco litter	9 Share an ASH post on your social media	10 Invite a friend to take a walk and reflect on your health	11 Encourage a loved one to talk to their doctor about quitting	12 Learn what your city or state is doing to the fight tobacco epidemic	13 Send an encouraging message to someone on a quit journey
14 Share why you support a world free from tobacco on your page	15 Read one of ASH's Blogs: ash.org/blog	16 Replace one daily purchase (like coffee) with a donation to ASH	17 Watch and share an ASH webinar on social media: ash.org/webinars	18 Learn then share one fact about how tobacco harms human rights	19 Ask your employer if they match charitable donations	20 Learn about how tobacco affects youth and families
21 Share a resource for quitting tobacco with someone who may need it	22 Add ASH to your holiday giving list	23 Thank a policymaker or advocate for supporting tobacco-free policies	24 Tell a young person why you support a tobacco-free generation	25 Take three deep breaths of gratitude for clean air	26 Choose a tobacco-free venue for your next gathering	27 Forward an ASH email to a friend who might want to get involved
28 Post a message of thanks for public health heroes	29 Reflect on what generosity means to you	30 Pledge to take one ongoing action to support a tobacco-free world	31 Make your tax-deductible gift to ASH!			