

#SHAREYOURGOOD



VIRTUAL DONATE LIFE MONTH 2020

Share Your Good Challenge
#ShareYourGood



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April is Donate Life Month

OUR WHY

Donate Life North Carolina is a collaborative group of organizations that promotes organ, eye, and tissue donation.

As a non-profit organization, our work includes school and community wide education, Division of Motor Vehicles outreach and donor registry supervision. Our mission is to inspire all North Carolina residents to save and enhance lives through organ, eye, and tissue donation.

VIRTUAL TOGETHERNESS

During the COVID-19 pandemic, staying digitally connected is more important now than ever. While we remain sensitive to what's happening in our world, we equally understand that the topic of organ, eye, and tissue donation remains vital.

With more than 3,000 people currently waiting for a life-saving transplant in our state, it's vital that we share the power of doing good! Our team created a virtual challenge for Donate Life Month 2020 to help you honor your loved ones, your community, and yourself in hopes that sharing a little bit of good each day will help brighten someone else's.

THE CHALLENGE

01

Commit

Join our challenge below throughout April. Your engagement matters!

02

Share

Share this challenge with your circle and win stuff. The more the merrier, right?

03

Go Live

See us in action! Join us each Friday at noon for a virtual event on Facebook.

It's simple! We challenge you to share a photo of yourself participating in something you're doing that day. Use the calendar below to #ShareYourGood with friends and followers on social media with the tags #ShareYourGood and @DonateLifeNC to be entered to win multiple prizes, including daily winners! (See next page for exact details.)



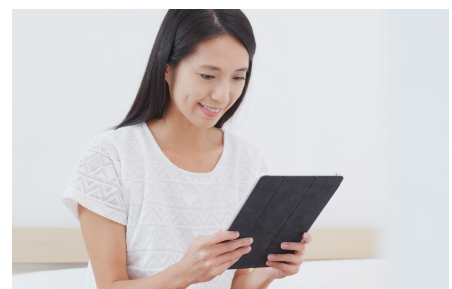
How to Join

FOLLOW THESE STEPS

1. **Participate** in the day's activity. (e.g: read a new book).
2. **Snap** a photo of yourself doing the activity.
3. **Post** your photo to social media (make sure your post is public) with the tags #ShareYourGood and @DonateLifeNC, and challenge at least one friend to respond.

For example, "Today I'm joining the #ShareYourGood challenge with @DonateLifeNC by curling up with my favorite book. @JaneSmith I challenge you to #ShareYourGood today."

And that's it! Each week, the Donate Life NC staff will compile entries. We'll pick a winner each day and one grand prize winner for that week's larger prize. By entering, you give us permission to contact you through social media and to share your post with our followers and on our website.





DON'T FORGET TO MAKE YOUR POST PUBLIC AND TAG
@DONATELIFENC #SHAREYOURGOOD FOR PRIZES!

YOUR ACTIVITIES

• APRIL 2020 •

- APRIL 1 Take a Selfie Challenge
- APRIL 2 Create a Household Plan
- APRIL 3 **Join Live Event Fridays-Meditation and Mantra**
- APRIL 4 Have a Living Room Dance Party
- APRIL 5 Reach Out to a Loved One
- APRIL 6 Consider Donating Blood
- APRIL 7 Journal, Blog or Write a Poem
- APRIL 8 Show Some Love and Spend Quality Time
- APRIL 9 Listen to a Podcast
- APRIL 10 **Join Live Event Fridays - Yoga**
- APRIL 11 Volunteer Virtually
- APRIL 12 Cook Your Favorite Dish
- APRIL 13 Express Yourself by Making a Craft
- APRIL 14 Clean Out Your Inbox
- APRIL 15 Finish a Puzzle
- APRIL 16 Put Together a Photo Album
- APRIL 17 **Join Live Event Fridays - Blue & Green Day Group Chat**



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YOUR ACTIVITIES

• APRIL 2020 •

- APRIL 18 Self Care Saturday
- APRIL 19 Organize a Room in Your Home
- APRIL 20 Mail a Loved One a Card
- APRIL 21 Take an Online Class
- APRIL 22 Have a No TV Day - Move Your Body
- APRIL 23 Watch Your Favorite Movie
- APRIL 24 **Join Live Event Fridays - Breakfast from Bed Fundraiser**
- APRIL 25 Consider a Donation to Donate Life NC
- APRIL 26 Shop to Give Back with @CltBoutique
- APRIL 27 Make a Breakfast Smoothie
- APRIL 28 Encourage Someone to Join the Registry
- APRIL 29 Plan the First Thing You'll Do Post Social Distancing
- APRIL 30 Light a Candle - Remember a Loved One

CALENDAR VIEW

• APRIL 2020 •



30 Days of Good

Celebrating Donate Life Month 2020

1 <i>Take a Selfie</i> 	2 <i>make a Household plan</i>	3 LIVE <i>Guided Meditation</i> 	4 DANCE PARTY	5 Reach Out 
6 <i>Give Blood</i> 	7 Write	8 <i>Quality Time</i> 	9 <i>Listen to a Podcast</i> 	10 LIVE Yoga 
11 Volunteer 	12  COOK	13 <i>Craft</i> 	14  Clear Your Inbox	15 DO A PUZZLE 
16 <i>Make a Photo Album</i>	17 LIVE Chat with Us	18  <i>Self-Care</i>	19 ORGANIZE A ROOM	20 <i>mail a card</i> 
21 Take a Class 	22 move your body	23 WATCH YOUR FAVORITE MOVIE 	24 LIVE Breakfast in Bed 	25  DONATE
26 Give Back 	27 <i>Make a smoothie</i> 	28 Register a Donor 	29 Make a Plan 	30 <i>Remember a Friend</i>

ADDITIONAL DONATE LIFE MONTH RESOURCES

#ShareYourGood STORIES

[Do Greater with William McKneely](#)

[Bachelorette Star Tyler Cameron](#)

[Living Donation - A Chain of Love - WELD](#)

[Five Organ Transplant Recipient Meets Family](#)

[A Liver for Everette](#)

[Hospital Organizes Wedding for Transplant Wait List Patient](#)

[Find more stories here!](#)

COVID-19

[COVID-19: Frequently Asked Questions from Transplant Candidates and Recipients](#)

[Preparing Your Household](#)

[Steps to Take to Prevent from Getting Sick \(important for higher risk individuals\)](#)

[Taking Care of Your Behavioral Health During an Infection Disease Outbreak](#)

[Everything You Need to Know About the COVID-19 Coronavirus](#)

We're here to help!

Visit us at DonateLifeNC.org for questions or comments.

We'd love to hear from you! info@donatelifenc.org



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