



February 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Write 3 goals you want to accomplish this month.	2 Write positive messages with colored chalk on sidewalks in your neighborhood.	3 Leave positive messages on mirrors-in the mall, at school.	4 Smile at everyone you see today.
5 Donate treats to the animal shelter.	6 Contact an old friend and appreciate their friendship.	7 Give a friend a big hug today!	8 Forgive someone today. Set yourself free!	9 Post motivational quotes about self-love on dressing room mirrors.	10 Give a friend a pack of lifesavers with a note that says "You are such a lifesaver! Thanks!"	11 Review the three goals you set on February 1. Have you had any success?
12 Write an encouraging letter to a friend who is having a hard time.	13 Call, not text, a special friend today.	14 Give yourself a compliment today.	15 Write down five things you are grateful for.	16 Give someone Extra gum with the note: "You're EXTRA special"	17 Let someone go in front of you in line.	18 Silently yell "Not today, Satan!" when negative thoughts arise, focus on being happy.
19 Take a bubble bath and relax today!	20 List three things you love about yourself!	21 Tell a stranger they look beautiful today!	22 Send your favorite person an encouraging note today.	23 Pay for someone's dry cleaning today!	24 Take a 10 minute stretch break!	25 Walk your dog or your neighbor's dog!
26 Feed the birds in your yard today.	27 Leave an extra big tip for your server today!	28 Review the past month: highlight best days and give reasons why.				