FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI FRI	SELFRE SAT
31	START OF BLACK 1 HISTORY MONTH	GROUNDHOG DAY 2	3	THANK YOUR 4	5	6
	Create a gratitude jar and fill it with things for which you are grateful during the month.	Change up your daily routine today.	Write an encouraging and cheerful note for a stranger. Find out more at careforthree.com	Leave a small gift of appreciation in your mailbox addressed to your mailman.	Pay attention to your internal dialogue.	Tap into your creative side! Write, paint, sing or dance.
7	8	9	UMBRELLA DAY 10	11	CHINESE NEW YEAR 12	world radio day 13
FREE DAY! Think about how you can be a person of integrity.	Join the "You Matter Marathon" and leave cards in public places for strangers to find. youmattermarathon.com	Take the child in your life out for an ice cream treat today.	Give an umbrella to a stranger on the street.	Plan to send an anonymous bouquet of flowers and/or candy to your local nursing home on Valentine's Day.	Hide a note for a family member in their bag or wallet for them to find during their day.	Turn the radio up and sing at the top of your lungs in your car or shower.
Play Cupid: match two of your favorite foods for your own enjoyment.	Honor history today by leaving flowers on the grave of someone special.	Visit or call your parents and if possible bring or send them dinner. DOM ACTS OF KINDNESS WEEK! VIS	RANDOM ACTS OF 17 KINDNESS DAY Do an act of kindness for someone and encourage them to pay it forward. IT WWW.RANDOMACTSOFKINDNES	Hawkite and send a thank you note to someone in your life that helped you through a tough time.	Leave an inspiring poem or painting somewhere in the community for someone to discover.	Purchase coffee for the person behind you in line at the coffee shop.
21	22	23	24	25	26	27
Help someone who is carrying a heavy load.	Get involved! Sign up for a community related cause.	Leave a positive note for yourself on your bathroom mirror.	Take a hot bath and relax.	Purchase groceries for the person in front of you in the express line.	Take a friend or family member on a spontaneous adventure.	Take today to kick back, relax, and reflect on what's really important in life.
Empty and read the gratitude jar you've created throughout the month.	1	2	3	4	S M T W Th F S 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6	MARCH S M T W Th F S 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10