

2017

FEBRUARY



Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

			1 Give smiles	2 Give serenity: practice yoga with a friend	3 Give breaks: invite someone for a coffee run	4 Spend quality time with yourself
5 Spend quality time with your friends & family	6 Give admiration: compliment a friend/family	7 Give affection: volunteer at a local shelter or walk/pet a friends pet	8 Give peace: baby sit/pet sit/ house sit	9 Give beauty: pick up trash	10 Give happiness: host a potluck with friends	11 Spend quality time with yourself
12 Spend quality time with your friends & family	13 Give attention: call an elder in your life and check in with them	14 Give love: frame your favorite picture or quote and give it to a friend <small>Valentine's Day</small>	15 Give silliness: dance with a friend in an unexpected place	16 Give cuddles: hug friends and family	17 Give affirmations: text friends and family reasons why you love them	18 Spend quality time with yourself
19 Spend quality time with your friends & family	20 Give sweetness: bake for your co- workers <small>Presidents' Day</small>	21 Give curiosity: Volunteer at your local public school or rec center	22 Give adventure: join a friend and cross things off your bucket lists	23 Give creativity: have a wine & paint night with a friend	24 Give organization: clean and declutter "that closet" your desk or even just your thoughts	25 Spend quality time with yourself
26 Spend quality time with your friends & family	27 Give appreciation: thank people you normally don't for the little things	28 Give encouragement: write happy quotes on post-it notes & hand them out				

