



# February, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Write down three things you are grateful for	<b>2</b> Compliment someone today	<b>3</b> Buy yourself a flower or two
<b>4</b> Listen to your favorite play list	<b>5</b> Do something unexpected—this is an extra day	<b>6</b> Leave your devices off for at least 2 hours	<b>7</b> Go outdoors and breathe deeply for five minutes	<b>8</b> Go for a walk—be active for at least 10 minutes	<b>9</b> Practice the mantra, “I believe in myself!” at least 25 times	<b>10</b> Watch your favorite movie
<b>11</b> Stop everything and listen to your favorite song	<b>12</b> Pack your favorite lunch	<b>13</b> Practice compassion-cut yourself some slack	<b>14</b> Plan a Valentine’s Day hangout with friends	<b>15</b> Think about everything you love in your life	<b>16</b> Write yourself a Valentine	<b>17</b> Talk to someone you normally just say, “Hi”, to
<b>18</b> Take a power nap	<b>19</b> Think about what you have in common with Lincoln	<b>20</b> When you eat your lunch, connect to where the food came from	<b>21</b> Tell a team member how much you appreciate them	<b>22</b> Go outside, sit down, close your eyes and listen to the world	<b>23</b> Do the task you’ve been putting off—then <b>CELEBRATE!</b>	<b>24</b> Enjoy your favorite snack
<b>25</b> Wake up early and fix yourself a good breakfast	<b>26</b> Perform a Random Act of Kindness	<b>27</b> Write a kind note to a co-worker	<b>28</b> Give a co-worker a high-five, knuckle bump or hug today	<b>29</b> Do a 2-minute spontaneous dance right now!		