|  |  |
| --- | --- |
| February | Spread the Love It’s Free |
| 2020  |  |

*“Your one random act of kindness may not change the world but it might make a difference in the life of someone today”~****Maria Koszler***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | **Share this calendar to inspire kindness in others** |
| **2** | **3** | **4** | **5** | **6** | **Remember a Friend Day 7** | **8** |
| **Be kind in your words say positive things to yourself & others.** | **Leave positive affirmation sticky notes at home and at work** | **Check in on an elderly relative or neighbour** | **Ask a coworker how they are and listen to their answer.** | **Be the first to smile and say hello when you pass others** | **Contact a friend today let them know you are thinking of them** | **Show some love by picking up litter when you're out this weekend.** |
| **National Pizza Day 9** | **10** | **11** | **12** | **Galentine’s Day 13** | **Valentine’s Day 14** | **15** |
| **Spend quality time with those you love eating pizza**  | **Help a colleague to brainstorm a project** | **Allow yourself some time to do something that you enjoy, just for you!** | **Donate pre-loved clothes to charity** | **Get together with your gal pals today ‘ladies celebrating ladies’** | **Show some love to yourself and others today** | **Let someone merge in front of you in traffic today** |
| **16** | **RAOK DAY 17**  | **National Drink Wine Day 18** | **19** | **Love Your Pet Day 20** | **21** | **22** |
| **NATIONAL RANDOM ACTS OF KINDNESS (RAOK) WEEK**  |
| **Thoroughly Clean your workspace or office area**  | **Do something extra special and helpful today**   | **Visit a winery or attend a wine tasting class** | **Pay for someone else’s coffee in the queue behind you** | **Spend quality time with pets today** | **Put yourself in the shoes of someone who may be upsetting you** | **Find a way to include others in a conversation today** |
| **23** | **24** | **Pancake Day 25** | **26** | **27** | **National Tooth Fairy Day 28** | **Leap Day 29** |
| **Apologise to someone who deserves it today** | **Take a stroll in nature and breathe in the spring air** | **Flip a pancake or two and share with loved ones** | **Make a list of all the things you are grateful for** | **Go easy on yourself, you are doing your best** | **Pay close attention to the brushing of those pearly whites** | **Propose to the one you love today**  |

**www.mymindyourmind.com**