

February 2020

Spread the Love It's Free



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Share this calendar to inspire kindness in others
2 Be kind in your words say positive things to yourself & others.	3 Leave positive affirmation sticky notes at home and at work	4 Check in on an elderly relative or neighbour	5 Ask a coworker how they are and listen to their answer.	6 Be the first to smile and say hello when you pass others	7 Remember a Friend Day	8 Show some love by picking up litter when you're out this weekend.
9 National Pizza Day Spend quality time with those you love eating pizza	10 Help a colleague to brainstorm a project	11 Allow yourself some time to do something that you enjoy, just for you!	12 Donate pre-loved clothes to charity	13 Galentine's Day Get together with your gal pals today 'ladies celebrating ladies'	14 Valentine's Day Show some love to yourself and others today	15 Let someone merge in front of you in traffic today
16	17 RAOK DAY	18 National Drink Wine Day	19	20 Love Your Pet Day	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 Apologise to someone who deserves it today	24 Take a stroll in nature and breathe in the spring air	25 Pancake Day Flip a pancake or two and share with loved ones	26 Make a list of all the things you are grateful for	27 Go easy on yourself, you are doing your best	28 National Tooth Fairy Day Pay close attention to the brushing of those pearly whites	29 Leap Day Propose to the one you love today