FEBRUARY

A Month of Positive Psychol...

Relationships. One small habit for well-being a day.

2027

MON	TUE	WED	THU	FRI	SAT	SUN
1 Call or message someone you enjoy talking to	2 Tell someone one thing you like about them	3 Listen fully to someone without giving advice	4 Do one kind thing without telling anyone	5 Thank a friend in a specific way	6 Ask someone about the best part of their day	7 Respond with interest to someone's good news
8 Plan a small meet-up this week	9 Give a sincere compliment	10 Put your phone away during one whole meal	11 Share a happy memory with a friend	12 Smile at three people today	13 Write a note to someone who matters	14 Notice who makes you feel good about yourself
15 **Presidents'** Ask a friend how you can support them	16 Make time for someone you have neglected	17 Celebrate someone else's success	18 Say something kind about a person who is away	19 Eat a meal with someone you like	20 Offer a hand to someone who is struggling	21 Learn something new about a friend
22 Tell someone you are glad they are in your life	23 Hug someone you trust	24 Spend ten minutes with a pet or a child	25 Invite someone to join you in a small activity	26 Thank someone who helped you recently	27 Forgive someone for a small thing	28 Send a picture that will make someone smile