

February

two thousand twenty

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						1 <i>Send someone a handwritten letter.</i>
2 <i>Return a cart at the grocery store.</i>	3 <i>Pray for one person and let them know you're praying.</i>	4 <i>Pray for someone younger than you.</i>	5 <i>Invite someone to lunch.</i>	6 <i>Treat someone to a coffee.</i>	7 <i>Hold the door open.</i>	8 <i>Tell someone at work you see how hard they're working.</i>
9 <i>Leave your mail person a letter of gratitude.</i>	10 <i>Leave an inspiring note around the office or your home.</i>	11 <i>Cook a friend their favorite meal.</i>	12 <i>Write a list of things you love about someone and give it to them.</i>	13 <i>Call your parents or grandparents.</i>	14 <i>Put your phone away.</i>	15 <i>Go out of your way to offer someone a ride.</i>
16 <i>Leave a positive sticky note on someone's desk or a bathroom mirror.</i>	17 <i>Ask someone how they're doing.</i>	18 <i>Give someone a compliment.</i>	19 <i>Leave a larger than normal tip.</i>	20 <i>Make eye contact with someone while telling them you appreciate them.</i>	21 <i>Smile at someone... just because.</i>	22 <i>Let someone behind you at the grocery store check out first.</i>
23 <i>Give up your seat on the bus.</i>	24 <i>Spend time at a retirement home talking to strangers.</i>	25 <i>Volunteer somewhere.</i>	26 <i>Buy a seedling and plant a tree.</i>	27 <i>Support local businesses.</i>	28 <i>Be kind to yourself.</i>	29 <i>Be an agent of positivity.</i>