

# February

two thousand twenty

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