

February

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Read for JOI - Reading Month	2 Optimist Day Visit Optimist.org	3 Motivate someone else	4 Forgive the actions of another	5 Focus on a positive thought
6 Weekly Positive Journal	7 Send a card to a Friend Day	8 Thank someone	9 Make a list of things that inspire you	10 National Giving Hearts Day	11 Surround yourself with positivity	12 Help someone else with a task
13 Focus on a solution not a problem	14 Give a stranger a Valentine	15 Read something motivational	16 Make an Optimistic playlist	17 Random Acts of Kindness Day	18 Share a positive message to others	19 Learn something new
20 Laugh for 30 seconds for no reason	21 Listen to someone else without giving feedback	22 Be a positive role model to someone else	23 Think of something that brings you happiness	24 Make a list of things to celebrate	25 Read an inspirational book or article	26 Compliment yourself on something
27 Let go of a mistake	28 Read the Optimist Creed					

**2ND
2023**

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