

# February Theme: Love

*This is it!*  
community

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Drink an extra glass of water today	2 Go for a 15-minute walk in nature
Love Your Body	3 Stretch for 10 mins, before bed	4 Make a nourishing meal, with as many ingredients from scratch as you have	5 Look in the mirror and say 3 positive things about your body	6 Go to bed 30 minutes earlier tonight and do a proper wind down	7 Take 5 deep, intentional breaths to reset your nervous system	8 Write down 5 things you're grateful for	9 Search YouTube for a 5 minute mindfulness meditation and do it
Love Your Mind	10 Read one chapter of a book you love, or have been meaning to start	11 Unfollow accounts on social media that do not bring you joy	12 Journal one page about what's on your mind – no judgment, just release	13 Try a brain game or puzzle (crossword, sudoku, etc.)	14 Listen to a podcast on a topic you're curious about	15 Send a heartfelt note or text to someone you appreciate	16 Compliment a stranger or co-worker today
Love Others	17 Plan a surprise coffee date or phone call with a friend	18 Write a thank-you note to someone who has made a positive impact on you	19 Donate gently used clothing or items to a local shelter	20 Perform a random act of kindness (hold the door, buy coffee for the person behind you, etc.)	21 Cook or bake something for someone you love	22 Listen to your favorite playlist or discover new music	23 Watch a movie or a show that brings you joy
Love Joy	24 Do a hobby you've neglected, even if for 20 mins.	25 Dance in your kitchen – no one's watching!	26 Create something - draw, paint, craft, or write	27 Take photos of things you find beautiful throughout your day	28 Visit a local spot you've always wanted to explore		
			<p><i>Lady, you deserve a prize! How will you treat yourself for working your way through this month's theme?</i></p>				
						<p>_____ prize</p>	

Focus on your priorities and check-off each day as you work your way through the theme of the month. Don't forget to have fun!