




FREE DOWNLOAD

FEBRUARY 2024

This month we focus on strengths that give meaning to relationships. Explore the character strengths of **Love**, **Kindness** and **Social Intelligence** to build deeper connections with those who matter most to you. Try using them every day to improve your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Reflect on what you most value in a healthy, loving relationship.	 2	3 Express empathy to someone you know facing a challenge.
4 Flip the script - reframe a difficult situation in a positive light.	5 Reflect on one specific aspect of your job that holds value for others.	6 Spread kindness and hold the door open for a stranger.	7 When offering support to a friend, invest more time listening than speaking.	8 Explore the many dimensions of love in your life.	9 Go out of your way to do something helpful for a client or co-worker.	10 Tune into the motives and feelings of others in different social settings.
 11	12 Express your feelings in a healthy, direct way.	13 Ask someone in your life when they feel most loved.	14 Appreciate the strengths of your loved ones. Express it!	15 Surprise someone with a random act of kindness .	16 Be attentive to non-verbal cues during an interaction today.	17 Do something positive to uplift your community.
18 Evaluate an emotion you're experiencing in a difficult situation.	19 Reflect on and journal moments of kindness.	 20	21 Direct love to yourself and all living beings with this meditation .	22 Practice self-compassion; give yourself a break for a mistake that isn't serious.	23 Ignite kindness by initiating a conversation with someone new.	24 Express gratitude to those who fill your heart with joy.
25 Consider how you might be generous in one of your relationships.	26 Ask someone close what they appreciate about the way you interact with them.	27 Appreciate the character strengths of your colleagues.	28 Practice patience with everyone you encounter today.	29 Carve out time to share a meaningful experience with someone special.		