



# ACTION CALENDAR: FRIENDLY FEBRUARY 2018



## MONDAY

5 Do something supportive and friendly for your colleagues

12 Try to involve others and invite them to join your conversations

19 Look for the good side when other people frustrate you

26 Make positive comments to as many people as possible today



## TUESDAY

6 Show an active interest by asking questions when talking to others

13 Smile at the people you're with and try to brighten their day

20 Send an encouraging note to someone who needs a boost

27 Thank three people you feel grateful to and tell them why



## WEDNESDAY

7 Thank someone and tell them how they made a difference for you

14 Tell loved ones why they are so special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones

## THURSDAY

1 Send someone a message to say how much they mean to you

8 Notice the good qualities of everyone you meet today

15 Be kind especially when your first instinct is to be unkind

22 Give sincere compliments to three people you meet today

## FRIDAY

2 Ask a friend what good things have happened to them recently

9 Say friendly things to people who work in your local shop or cafe

16 Respond positively to everyone you meet today

23 Make a plan to meet up with others and do something fun

## SATURDAY

3 Be gentle with someone who you feel inclined to criticise

10 Tell a loved one about their strengths that you value most

17 Call a friend to catch up and really listen to them

24 Take time to speak with a neighbour and get to know them

## SUNDAY

4 Get in touch with an old friend you've not seen for a while

11 Put away digital devices & really focus on who you're with

18 Make an effort to have a friendly chat with a stranger

25 Do an act of kindness to make life easier for someone else

**"People forget what you said and what you did. But they never forget how you made them feel" - Maya Angelou**

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