# Action Calendar – Friendly February 2019

## Friendly February - Day 1 Friday

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

## Friendly February - Day 2 Saturday

Ask a friend what good things have happened to them recently

## Friendly February - Day 3 Sunday

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

## Friendly February - Day 4 Monday

Do something supportive and friendly for your colleagues

## Friendly February - Day 5 Tuesday

Notice the good qualities of everyone you meet today

## Friendly February - Day 6 Wednesday

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

## Friendly February - Day 7 Thursday

Show an active interest by asking questions when talking to others

## Friendly February - Day 8 Friday

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

## Friendly February - Day 9 Saturday

Tell a loved one about their strengths that you value most

## Friendly February - Day 10 Sunday

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

## Friendly February - Day 11 Monday

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

## Friendly February - Day 12 Tuesday

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

## Friendly February - Day 13 Wednesday

Be kind especially when your first instinct is to be unkind

## Friendly February - Day 14 Thursday

Tell loved ones why they are so special to you

## Friendly February - Day 15 Friday

Respond positively to everyone you meet today

## Friendly February - Day 16 Saturday

Call a friend to catch up and really listen to them

## Friendly February - Day 17 Sunday

Make an effort to have a friendly chat with a stranger

## Friendly February - Day 18 Monday

Look for the good side when other people frustrate you

## Friendly February - Day 19 Tuesday

Send an encouraging note to someone who needs a boost

## Friendly February - Day 20 Wednesday

Actively listen to what people say, without judging them

## Friendly February - Day 21 Thursday

Give sincere compliments to three people you meet today

## Friendly February - Day 22 Friday

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

## Friendly February - Day 23 Saturday

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

## Friendly February - Day 24 Sunday

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

## Friendly February - Day 25 Monday

Make positive comments to as many people as possible today

## Friendly February - Day 26 Tuesday

Thank three people you feel grateful to and tell them why

## Friendly February - Day 27 Wednesday

Make uninterrupted time for your loved ones

## Friendly February - Day 28 Thursday

Be gentle with someone who you feel inclined to criticise