



🙆 🤘 ACTION CALENDAR: FRIENDLY FEBRUARY 2020 🔼





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

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Show an active

interest by asking

questions when

talking to others

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

Say friendly

things to people

who work in your

local shop or cafe

- 2 Ask a friend what good things have happened to them recently
- 3 Do something supportive and friendly for your colleagues

10 Try to involve

others and invite

them to join your

conversations

Notice the good qualities of everyone you meet today

Smile at

the people you're

with and try to

brighten their day

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

Send an

encouraging note

to someone who

needs a boost

and tell them how they made a difference for you

6 Thank someone

- Be kind especially when your first instinct is to be unkind
 - 14 Tell loved ones why they are so special to you
- 15 Make an effort to have a friendly chat with a stranger

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

Call a

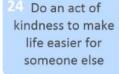
friend to catch

up and really

listen to them

- 17 Respond positively to everyone you meet today
- 18 Look for the good side when other people frustrate you
- 19 Tell a loved one about their strengths that you value most
- 26 Thank three people you feel grateful to and
- Actively listen to what people say, without judging them
- 27 Share what you're feeling with someone you really trust
- 21 Give sincere compliments to three people you meet today
- Be gentle with someone who you feel inclined to criticise
- 22 Make a plan to meet up with others and do something fun
- time for your loved ones

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



25 Make positive comments to as many people as possible today

tell them why







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