

FEVERUARY

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Read for JOI - <u>Reading Month</u>	2 Motivate someone else	3 <u>Optimist Day</u> Visit <u>Optimist.org</u>	4 Forgive the actions of another
5 Focus on a positive thought	6 Reduce your social media time	7 Send a card to a Friend Day	8 Thank someone	9 Make a list of things that inspire you	10 National Giving Hearts Day	11 Surround yourself with positivity
12 Help someone else with a task	13 Focus on a solution not a problem	14 Give a stranger a Valentine	15 Read something motivational	16 Listen to inspirational music	17 Random Acts of Kindness Day	18 Share a positive message to others
19 Learn something new	20 Avoid comparing yourself to others	21 Listen to someone else without giving feedback	22 Be a positive role model to someone else	23 Think of something that brings you happiness	24 Make a list of things to celebrate	25 Read an inspirational book or article
26 Compliment yourself on something	27 Let go of a mistake	28 Read the Optimist Creed	29 Consider each day as a fresh start			

**1ST
2024**

SHOP FOR OPTIMIST DAY:
United States and the Caribbean:
Shumsky
www.OptimistStuff.com

Canada:
Ansell's Awards and Specialties
www.optimistsupply.ca



Optimist
INTERNATIONAL