

# FEBRUARY

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

**6<sup>th</sup>  
2025**

**SHOP FOR OPTIMIST DAY:**  
United States and the Caribbean  
Lizard Apparel & Promotions  
<https://optimistmerch.lizardapstore.com>

Canada:  
Ansell's Awards and Specialties  
[www.optimistsupply.ca](http://www.optimistsupply.ca)



**Optimist**  
INTERNATIONAL