

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1 Forgive the actions of another	2 Focus on a positive thought	3 Thank Someone	4 Send a card to a Friend Day	5 Optimist Day Visit Optimist.org	6 Reduce your social media time	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

5th
2026

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



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