

FEBRUARY



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
If your birthday is in February or you just want to live a little more intentionally this month, here are 28 ideas to inspire you to celebrate life in more meaningful ways.						1	SPEND A LITTLE LESS TIME ONLINE THIS MONTH. FOCUS ON THE PEOPLE AROUND YOU.	2	TEXT 3 FRIENDS TO TELL THEM WHAT YOU APPRECIATE MOST ABOUT YOUR FRIENDSHIP.	3	INVITE SOMEONE YOU DON'T KNOW VERY WELL TO LUNCH TODAY.	4	BABYSIT FOR SOMEONE WHO COULD REALLY USE A NIGHT OUT...FREE OF CHARGE.
5 DONATE BLOOD.	BRING DONUTS, FRUIT OR COFFEE TO THE OFFICE, SCHOOL OR A FRIEND'S HOUSE THIS MORNING.	6	7	HOLD THE DOOR OPEN FOR A FEW EXTRA PEOPLE.	8	PAY FOR THE ORDER BEHIND YOU IN LINE AT THE DRIVE-THROUGH.	9	FIND SOMETHING TO COMPLIMENT SOMEONE ON IN EVERY INTERACTION YOU HAVE TODAY.	10	RETURN A BUNCH OF SHOPPING CARTS FROM THE PARKING LOT BACK TO THE STORE.	11	REGISTER TO RUN/WALK A 5K IN HONOR OF SOMEONE WHO CAN'T.	
12 ASK YOUR FAMILY OR ROOMMATES WHAT YOU CAN DO FOR THEM THIS WEEK.	LOAD THE VENDING MACHINES AT WORK/SCHOOL WITH A NOTE SAYING THE NEXT ONES ON YOU!	13	14	LEAVE VALENTINE NOTES/CANDY IN RANDOM PLACES ALL DAY..	15	BRAG ABOUT SOMEONE'S RECENT ACCOMPLISHMENT ON YOUR SOCIAL MEDIA.	16	LEAVE A BIGGER TIP THAN USUAL.	17	WRITE SOMEONE A THANK YOU NOTE. DON'T WORRY IF THE CARD ISN'T FANCY OR YOUR HANDWRITING STINKS.	18	MAKE A DONATION TO YOUR FAVORITE CAUSE. EVEN \$5 HELPS.	
19 GO OUT OF YOUR WAY TO PICK UP LITTER WHEN YOU ARE OUTSIDE.	TELL EVERYONE YOU TALK TODAY THAT THEY ARE DOING A GREAT JOB.	20	21	HAND OUT FLOWERS TO STRANGERS AND WISH THEM A HAPPY DAY.	22	LET SOMEONE GO AHEAD OF YOU IN LINE.	23	BE THE FIRST TO SMILE AND SAY HELLO.	24	LEAVE AN ENCOURAGING NOTE TAPED TO THE SCALE AT THE GYM	25	CALL YOUR NEIGHBOR BEFORE YOU HEAD TO THE STORE. ASK IF THEY NEED ANYTHING.	
26 OFFER TO TAKE A NEIGHBOR'S DOG FOR A WALK.	27	28	Share your birthday kindness with us and inspire others! #BdayProject #BeIntentionalTBP	facebook.com/thebirthdayproject	@bdayproject								