

FEBRUARY
2021

Relationship Wellness Month



S	M	T	W	T	F	S
	1 Start your day with a deep breath, big smile and say, "I am the best version of me!"	2 Create simple thank-you notes & give them to whoever you are grateful today.	3 Send a funny video or meme to someone you think needs a laugh.	4 Surprise a family or friend with a food delivery.	5 Make yourself a priority today. Practice self-love.	6 Post a photo of your favorite person & write in the caption why you like it.
7 Go crafty with a homemade greeting card for a special someone.	8 Spend the last hours of your day unplug from technology.	9 Leave a nice review on your favorite shops. Thank them for the great service you always receive.	10 Buy yourself something nice. You deserve it!	11 Read about the importance of having casual friend.	12 Do a group video call of your close friends.	13 Host a virtual movie night with friends and family.
14 Watch a Valentine's Day Movie, complete with snacks (and maybe a glass of wine).	15 Learn how to create your own relationship vision.	16 List two things you appreciate about yourself today.	17 In celebration of RAK Day, send an encouraging message to your friends & colleagues.	18 Compliment the first three people you talk to.	19 Know someone who's grieving? Show your support by running some errands for them.	20 Make a collaborative Spotify playlist with someone.
21 Know your love language.	22 Invite someone to do a 5-minute guided meditation with you.	23 Give someone a surprise call & tell them how grateful you are of them.	24 Tune in to a podcast about relationship and communication.	25 Learn to be more empathetic today.	26 Play a board game (online or tabletop) with partner or friends.	27 Invite someone for nice outdoor walk.
28 Spend a day doing whatever you think can make you happy and relax. Consider this a "Me Time" day.						

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#YearOfWellness Calendar

Share this free wellness calendar with friends & post your progress

#YearOfWellness



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