

2022 February



**A month to
love big.**

**Love others.
Love yourself.
Love life!**



1  Today is the new moon! It's a perfect day to set your intentions for the month!

2 Put this question on your mirror, leave up the rest of the month, and answer it each morning:
What can I do to love myself today? 

3 Make today a total "Self-care" day!

(Call in a mental health day at work if you need to!)

4  Spend just 10 minutes outside today. Fall back in love with nature, and trees.

5  Plan a weekend away in a beautiful place - with just you.

6  Buy yourself a Teddy Bear and snuggle with it each night this week.
(Also buy one for someone else and give it to them anonymously!)

7  Share some love... pay for the person's coffee or food behind you.

8 Stop caring what anyone thinks of you!
Give up people-pleasing today. Embrace & love your beautiful bad-ass self.

9  Call a florist and send someone flowers anonymously. Send yourself flowers, too!

10 
TO DO:
• DEEP BREATH
• DEEP BREATH
• DEEP BREATH
• DEEP BREATH

11 Today, listen with your eyes. Put down the phone and practice mindful listening. Listen with your eyes to your kids, your friends... then, listen to that voice inside.

12 Spend 10 minutes today doing something you used to do that brought you joy.


13  Write a love letter to yourself. Thank yourself for all you've been through and all you've done. Tomorrow, MAIL IT to yourself!

14  Take yourself on your own Valentine's date.

15  Connect today with someone who is positive, inspiring, and encouraging!

16  Just for today, make a concerted effort not to worry. If you find yourself worrying, smile and say silently in your mind, "Just stop it."

17 Today, pick one one person and forgive them. Let it go. It only hurts you, not them. Practice Ho'oponopono: "I'm sorry. Please forgive me. Thank you. I love you."

18  Today, forgive yourself!

19  Go on a discovery adventure! Find things that you love!

20  Write down 8 things you think are beautiful about you.

21  Gather things that will make you happy at work... display them in your area. Do the same at home.

22  Wave in that person who's been waiting to turn into traffic. Don't be that person who looks away.

23  Go outside in nature today.

24 *shhhhh...*
Spend 10 minutes today in peaceful silence.

25 Say "NO!" to toxic people today!
(and forever)


26  Make it a Selfish Saturday!
Today, do only things that are filled with self-care and self-love!

27  Take a looong nap today!

28  Speak and think only loving things about yourself today.

To download, go to campattagirl.com/lovebig or happinesselement.com/calendar.