

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Read for JOI - Reading Month	2 Motivate someone else	3 Optimist Day. Visit Optimist.org	4 Forgive the actions of another	5 Focus on a positive thought	6 Weekly Positive Journal
7 Send a card to a Friend Day	8 Thank someone	9 Make a list of things that inspire you	10 National Giving Hearts Day	11 Surround yourself with positivity	12 Help someone else with a task	13 Focus on a solution not a problem
14 Give a stranger a Valentine	15 Read something motivational	16 Make an Optimistic playlist	17 Random Acts of Kindness Day	18 Share a positive message to others	19 Learn something new	20 Laugh for 30 seconds for no reason
21 Listen to someone else without giving feedback	22 Be a positive role model to someone else	23 Think of something that brings you happiness	24 Make a list of things to celebrate	25 Read an inspirational book or article	26 Compliment yourself on something	27 Let go of a mistake
28 Read the Optimist Creed						

3RD

2022

SHOP FOR OPTIMIST DAY:
United States and the Caribbean:
Shumsky
www.OptimistStuff.com

Canada:
Ansell's Awards and Specialties
www.optimistsupply.ca



Optimist
INTERNATIONAL