

2022 FEBRUARY

THE POSITIVITY PROJECT

*"THE BEST INDEX TO A PERSON'S CHARACTER IS HOW HE TREATS PEOPLE WHO CAN'T DO HIM ANY GOOD AND HOW HE TREATS PEOPLE WHO CAN'T FIGHT BACK."
--Abigail Van Buren*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01	02	03	04	05
		Explore one of the many Lunar (Chinese) New Year traditions and share with your family/friends.	Sign-up for a virtual event with the National Museum of African American History & Culture in honor of Black History Month.	Expose yourself to diverse cuisines, authors, games, and concerns to build the qualities of open-mindedness and respect.	Unplug: Passive experiences behind a screen limit active connection with the world.	Leave a happy note somewhere for someone to find.
06	07	08	09	10	11	12
Tell someone three things you love/respect about them.	Don't complain for the next 24-hours.	Leave something on a doorstep of a neighbor.	Drink lot's of water. It is easier to be kind when you are healthy and energetic.	Give old blankets, sheets and towels to an animal shelter.	Introduce yourself to someone new.	When shopping, pick up things that have fallen off shelves or hangers.
BEGINNING OF RANDOM 13	14	15	16	RANDOMACTSOFF 17	18	19
Scrape the ice off a neighbor's windshield after you've finished doing yours.	Send a message to a friend, letting them know you appreciate them.	Donate your old cell phone or other electronics to charity.	Buy a gift card (or three) to hand to someone on your way out of the coffee shop.	Write a positive LinkedIn review for a co-worker.	Let someone else take that primo parking spot.	Give an unexpected compliment.
20	21	22	23	24	25	26
Write a thank you note to someone who has helped your career.	Don't forget yourself! Make time for another activity you love.	Pay for the meal of the people at the next table. (Leave before they realize what you've done.)	Keep an extra umbrella in your car to give to someone stuck in the rain.	Post sticky notes with uplifting messages on the bathroom mirrors.	Take the time to write a great online review for a restaurant you love.	Give an extra tip and write an encouraging note along with it.
27	28	01	02	03	04	05
Send a friend a helpful or inspiring article that made you think of them.	Compliment the first three people you talk to today.	<i>"When I was young, I admired clever people. Now that I am old, I admire kind people."—Abraham Joshua Heschel</i>				