

FEBRUARY: TR AWARENESS MONTH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

				1 Set 3 personal goals for the month	2 Buy some flowers and hope for an early spring	3 Wake up 30 minutes early to enjoy a quiet and slow morning
4 Get into flow with your personal favourite leisure activity	5 Keep your brain sharp by doing a word search or crossword puzzle	6 Enjoy listening to your favourite songs and podcasts	7 Check out a local fitness class or search YouTube for a new exercise routine	8 Treat yourself to a warm drink from a coffee shop on your way in to work today	9 Order in or make homemade pizzas for National Pizza Day	10 Write down at least 3 things that you are grateful for today
11 Bundle up and go for a mindful walk with a cup of hot chocolate, coffee or tea	12 Make a yummy snack and watch something on TV that you enjoy	13 Show some love for yourself by doing your favourite type of self-care	14 Celebrate by calling someone that you love...a friend, parent, child, or partner	15 Spend at least 15 minutes reading something that you enjoy	16 Nominate a fellow TRO member for a TRO Award	17 Do a random act of kindness for World Kindness Day
18 Make a mocktail or cocktail from scratch	19 Colour a mandala to express your creativity and help reduce stress	20 Do a fun activity with your loved ones to celebrate Family Day	21 Make time for yourself by spending one hour alone doing something you enjoy	22 Declutter your space by donating at least one item you don't want or need anymore	23 Take a social media break and don't log in to check your socials today	24 Wear your favourite outfit today
25 Compliment an unexpected stranger	26 Try cooking a new and health recipe	27 List 5 things you love about yourself	28 Bake some cookies or treats to enjoy	29 Make a point to see the sunrise or sunset		

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5