

# FEBRUARY: TR AWARENESS MONTH

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