




FEBRUARY 2022

The focus of this month will be a reflection on the Humanity Strengths: Love, Kindness and Social Intelligence. Use this calendar for inspiration, as a reminder or a pathway to more in depth information surrounding these strengths.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>Humanity describes strengths that manifest in caring relationships with others.</p>	<p>2</p> <p>Black History Month</p>	<p>3</p> <p>Simply put, kindness is being nice to others.</p>	<p>4</p> <p>Get to know your unique, individual strengths. Take our FREE survey.</p>	<p>5</p> <p>Make twice as much for dinner and either invite guests or deliver the meal to a friend.</p>
<p>6</p> <p>Having Conversations About Diversity, Racism, and Equality with Your Children: Part 1</p>	<p>7</p> <p>You value close relationships with people, and contribute to that closeness in a warm and genuine way.</p>	<p>8</p> <p>Boost compassion with this Loving-Kindness Meditation.</p>	<p>9</p> <p>Are you interested in knowing more about how to apply or boost your strengths?</p>	<p>10</p> <p>Show kindness. People who give to others tend to be happier.</p>	<p>11</p> <p>When a person knows what makes other people tick, he or she is displaying social intelligence.</p>	<p>12</p> 
<p>13</p> <p>Having Conversations About Diversity, Racism, and Equality with Your Children: Part 2</p>	<p>14</p> <p>Valentine's Day</p> 	<p>15</p> <p>How to use strengths to improve mental well-being.</p>	<p>16</p> <p>Surprise someone with a small gift to show you care: a note, a coffee, a flower.</p>	<p>17</p> <p>It's Random Acts of Kindness Day. Volunteer to do the dishes.</p>	<p>18</p> <p>Start a conversation with someone new.</p>	<p>19</p> <p>Give someone a hug.</p>
<p>20</p> <p>Having Conversations About Diversity, Racism, and Equality with Your Children: Part 3</p>	<p>21</p> <p>Humanity includes interpersonal strengths that involve tending and befriending others.</p>	<p>22</p> <p>Add a strengths sticker to your laptop or favorite water bottle</p>	<p>23</p> 	<p>24</p> <p>7 Things You Need to Thrive</p>	<p>25</p> <p>Noticing Zoom fatigue? Suggest a meeting with no cameras!</p>	<p>26</p> <p>If you are waiting in line today, let someone go ahead of you.</p>
<p>27</p> <p>Compliment someone today. Ideas include: recognizing a great smile or earrings.</p>	<p>28</p> <p>If you work with others, find tools to bring out the best in them.</p>			