

# LOVE IN ACTION

# KINDNESS

## CHALLENGE

### FEBRUARY 1-22

Three easy steps to a successful Kindness Challenge →

1

Set Your Intention

2

Put Kindness Into Action

3

Celebrate the Joy!

🎯 Set your intention for the February LOVE In Action Challenge

DAY 1

👁️ Notice someone who seems overlooked today. Say their name, make eye contact, and greet them warmly.

DAY 2

📱 Send a kind text to someone who popped into your mind — no reason needed.

DAY 3

⌚ Offer patience where it's usually hardest for you.

DAY 4

👄 Give a genuine compliment — out loud.

DAY 5

*thank you!*  
Thank someone who does something "behind the scenes."

DAY 6

😊 Smile first. Let it be contagious.

DAY 7

😊😐😞 Check in on someone emotionally. A simple "How are you, really?"

DAY 8

🚪 Hold space open — a door, a moment, or a conversation.

DAY 9

🗣️ Speak kindly about someone who isn't present.

DAY 10

🗑️ Pick up one small piece of litter or tidy a shared space.

DAY 11

**Shop LOCAL**  
write a 5★ review for a local business you love

DAY 12

**SHARE**  
Share something uplifting — a song, quote, or story — with someone else.

DAY 13

**HAPPY Valentine's Day**  
Show love through action: write a note, make a call, or do one small thing that makes someone feel special.

DAY 14

🧐 Learn one small thing about someone's life experience that's different from your own — listen without fixing.

DAY 15

⏸️ Pause before reacting today. Choose kindness in one moment you usually rush through.

DAY 16

👤 Do a quiet, unexpected act of kindness — no credit, no explanation.

DAY 17

🙋 Offer help before it's asked for.

DAY 18

**You Can Do THIS**  
Encourage someone who's working toward something hard.

DAY 19

💞 Practice kindness toward yourself — speak to yourself like you would a friend.

DAY 20

💡 **Reflect:** What act of kindness this month felt most meaningful to you?

DAY 21

📅 Choose just 1 kindness practice from this challenge and commit to carrying it into the rest of the year.

DAY 22

Because Love is something we do.