

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.