



February

2017



February 2017 - Month of Love

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|---|
|  | | <p>1</p> <p>The month where we celebrate love. Practise love daily</p> | <p>2</p> <p>To love others we must first learn to love ourselves</p> | <p>3</p> <p>What do you most like and love about yourself?</p> | <p>4</p> <p>What's your best feature(s)?</p> | <p>5</p> <p>Affirm, 'I am lovable' each day</p> |
| <p>6</p> <p>Affirmations are nutrients for our conscious mind</p> | <p>7</p> <p>What have you done today to be proud about?</p> | <p>8</p> <p>Affirm, 'I deserve to like and respect myself'</p> | <p>9</p> <p>Love is a high vibrational energy that beats fear</p> | <p>10</p> <p>If you feel fear or pain, then breathe love into it</p> | <p>11</p> <p>Four days devoted to loving others. Who do you love?</p> | <p>12</p> <p>When you think of people you love, how do you feel?</p> |
| <p>13</p> <p>Remember LOVE is a verb, you have got to 'do it'</p> | <p>14</p> <p>The day for lovers. How will you express your love?</p> | <p>15</p> <p>Valentines is over, although every day is a love day</p> | <p>16</p> <p>Focus on what makes your relationships work</p> | <p>17</p> <p>Practise love for someone who is challenging you</p> | <p>18</p> <p>Practise loving kindness to someone today</p> | <p>19</p> <p>Practise loving kindness again today</p> |
| <p>20</p> <p>What difference is loving kindness making?</p> | <p>21</p> <p>Take time today to breathe in love and out peace</p> | <p>22</p> <p>Pick a favourite object that makes you smile</p> | <p>23</p> <p>Wake up and think of a loving thought instantly</p> | <p>24</p> <p>Go to sleep thinking loving thoughts</p> | <p>25</p> <p>Over coffee decide on kindness for you and others</p> | <p>26</p> <p>Remember to love others fully, we must love US</p> |
| <p>27</p> <p>As you reflect on the month of love, how's it been?</p> | <p>28</p> <p>What 1 thing could you do to love YOU more?</p> | | | | |  |