

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



2
Four Ways to Create High-Quality Connections at Work

3
Why Relationships Matter

4
How to Create High-Quality Connections

5
Seeding High Quality Connections in the Classroom

6
Book to read: **Your Invisible Network**

7

8
The Art of Building High-Quality Connections

9
What is **self-esteem?**

10
Learn more about **self-image self-worth self-confidence self-efficacy**

11
How can I improve my self-esteem?

12
How to Build Real Confidence

13
Building Self-Esteem

14
Let's improve our self-esteem by watching this **video!**

15
Let's **celebrate Random Acts of Kindness Week**

16
Get involved and inspired by **these ideas!**

17
Being kind is good for your health. Listen to this **podcast** to learn more!

18
The extraordinary power of kindness. Watch this **video**

19
Get inspired by this TED talk **TED Talk - Kindness - Orly Wahba**

20
Get inspired by this movie. **Ripple**

21
Practice loving-kindness meditation during the weekend. **Learn more here**

22

23
Let's practice Positive **Self-talk**

24
How can self-talk affect my mental health?

25
Read: **How Positive Self-Talk Can Make You Feel Better and Be More Productive**

26
Listen to: **How do I stop negative self-talk?**

27
Watch this TED-Ed video: **Is it normal to talk to yourself?**

28
Journal: Create a February Dump and set some intentions for March

2

IT'S COMING TO YOUR INBOX!