

elevate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FEBRUARY 2025					1 What is <u>self-esteem</u> ?	2 What's the difference between <u>self-esteem</u> & <u>self-image</u> ?
3 What's the difference between <u>self-esteem</u> & <u>self-worth</u> ?	4 What's the difference between <u>self-esteem</u> & <u>self-confidence</u> ?	5 What's the difference between <u>self-esteem</u> & <u>self-efficacy</u> ?	6 What's the difference between <u>self-esteem</u> & <u>self-compassion</u> ?	7 Let's improve our self-esteem by watching this <u>video</u> !	8 9 Watch <u>The Help</u> and see how these women build their self-esteem. Journal about the message of the movie.	
10 Let's celebrate <u>Random Acts of Kindness</u> week	11 Get involved and inspired by <u>these ideas</u> !	12 Being kind is good for your health. Listen to this <u>podcast</u> to learn more!	13 The extraordinary power of kindness. Watch this <u>video</u>	14 Celebrate Valentine's Day. <u>Learn about its origins</u>	15 Get inspired by this TED talk <u>TED Talk - Kindness - Orly Wahba</u>	16 Get inspired by this movie <u>Kindness and good deeds will come back to you</u>
17 Kindness Journal Prompt 1) Reflect on a moment when you showed kindness to yourself.	18 Kindness Journal Prompt 2) Write about a time when you helped a stranger.	19 Kindness Journal Prompt 3) Reflect on a time when someone showed you unexpected kindness.	20 Kindness Journal Prompt 4) Think about a time when you volunteered for a cause	21 Kindness Journal Prompt 5) Reflect on a time when you complimented someone sincerely.	22 23 Practice loving-kindness meditation during the weekend. <u>Learn more here</u>	
24 Let's practice <u>Positive Self-talk</u>	25 Read: <u>How Positive Self-Talk Can Make You Feel Better and Be More Productive</u>	26 Listen to: <u>How do I stop negative self-talk?</u>	27 Watch this TED-Ed video: <u>Is it normal to talk to yourself?</u>	28 Journal: Write a February Dump and set some intentions for march		

Be an Elevater