

# Fulfilling February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>What:</b> Tips and strategies to help bring more compassion to your life and improve emotional well-being.</p> <p><b>Why:</b> Whether it be compassion for yourself, your family, your friends or even your foe, there are numerous benefits of compassion. It can improve your overall well-being and make you feel more fulfilled.</p>			<p><b>Month Theme:</b> Emotional Well-Being</p> <p><b>Week 1:</b> Self <b>Week 2:</b> Adversary <b>Week 3:</b> Friend <b>Week 4:</b> Family</p>		<p>1 Forgive yourself for past mistakes, say the apologies that need to be said, and move on.</p>	<p>2 Take one step at a time. Don't feel like every part of your life has to be perfect at the same time.</p>
<p>3 Avoid self-judgement. Do what makes you happy without holding it against yourself.</p>	<p>4 Make yourself priority #1. How can you take care of others if you cannot take care of yourself?</p>	<p>5 Be honest with yourself. It helps you stay above the noise others are trying to make you hear.</p>	<p>6 Do what gives you energy rather than what drains you.</p>	<p>7 Live in the moment. If you are moved to tears, its ok to cry, if you are inspired to run, go for it!</p>	<p>8 Feeling pain is okay. Learn from it and use it to help you grow.</p>	<p>9 Remember you are not alone and you are valuable. Don't forget how important you are.</p>
<p>10 Remember every human deserves to be treated with kindness, even those you consider your enemies.</p>	<p>11 Apologize to someone close to you that you may have wronged in the past.</p>	<p>12 Work to understand better those you quarrel with. There may be common ground.</p>	<p>13 Look through the eyes of someone who hurt you. You may discover a different, but valid, point-of-view.</p>	<p>14 Consider dispelling the notion of enemies and friends and instead view enemies as people who are flawed, just like the rest of us.</p>	<p>15 Reflect on people you dislike. Let go of those feelings towards them and focus your energy on where you can make change.</p>	<p>16 Stand up to someone who does something morally wrong, but ensure your words and actions come from a place of kindness.</p>
<p>17 A great way to show compassion to your friends is to always be honest. Shows you care about their outcomes.</p>	<p>18 Call a friend to have a laugh! Actions like these show you care, and also makes you smile!</p>	<p>19 Be flexible on some off the expectations of your friends, being able to still care while others are changing is pure compassion.</p>	<p>20 Be available. If your friends know they can reach you if they really need something, it shows you care and builds trust.</p>	<p>21 Be that friend who is understanding when another friend's life situation changes.</p>	<p>22 Be supportive. Help your friends achieve their dreams or chase their passions through encouragement and active participation.</p>	<p>23 Listen. Understand how to be the best friend you can be by actively listening to your friends.</p>
<p>24 Talk with a family member you have not connected with recently.</p>	<p>25 Be ok with your family making mistakes. We all make mistakes.</p>	<p>26 Ask your family questions! Gain a deeper understanding of those close to you through deep conversations.</p>	<p>27 Show you are thankful for your family in some way. Affirmations of love are always appreciated.</p>	<p>28 Gather family members and share a meal. Remaining connected is a testament to a culture of compassion.</p>	<p>"When our emotional health is in a bad state, so is our level of self-esteem. We have to slow down and deal with what is troubling us, so that we can enjoy the simple joy of being happy and at peace with ourselves." — Jess C. Scott</p>	