

28 GENTLE ACTS OF KINDNESS FOR FEBRUARY

*Small, meaningful acts to yourself, others, and the world
– without pressure*

Rest without guilt for at least 15 minutes today.	Speak to yourself kindly when something feels hard.	Do one small thing that makes your body feel cared for.	Let one thing be “good enough” today.	Drink your tea or coffee slowly, without multitasking.	Go to bed earlier than usual, if you can.	Write down one thing you’re proud of this week.
Send a thoughtful message to someone you love.	Thank someone for something they do regularly.	Listen fully to someone without trying to fix anything.	Do a small helpful task for someone else, quietly.	Share a genuine compliment.	Cook or prepare something simple with care.	Let go of a small irritation instead of reacting to it.
Smile or make eye contact with someone today.	Hold a door, offer patience, or let someone go ahead.	Add something to a charity shop or a local free library.	Leave a kind comment on someone’s work or post.	Support a small or local business in a simple way.	Pick up one small piece of litter while out walking.	Speak kindly about someone who isn’t present.
Unfollow or mute something that drains your energy.	Do something today without documenting it.	Forgive yourself for something you’ve been carrying.	Spend a few quiet moments in nature or near a window.	Let yourself change your mind about something.	Offer yourself grace where you’d offer it to others.	End the month by naming three things you’re grateful for.



SMALL ACTS, DONE WITH CARE, CHANGE MORE THAN WE REALISE.”

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY



SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

Daily Affirmation

NOTES & FREE THOUGHTS

DAILY REFLECTION JOURNAL

Date ____ / ____ / ____

MOOD TRACKER

Choose a face



Add a description

Highlights of the day

01	
02	
03	
04	
05	
06	
07	

Gratitude List

What I learned today

Goals for tomorrow

Daily Reflection

Today I am grateful for these three things...

- 1.
 - 2.
 - 3.
-

Date:

Water:

Exercise:

Today, this good thing happened to me and I appreciate it because:

Today, this not so good thing happened to me and this is how I handled it:

Today, this thing made me happy:

Today, I discovered this about myself:

