

HOPEFUL February

A MONTH OF LIGHT,
KINDNESS & NEW POSSIBILITIES

*Small signs. Kind hearts. Bright moments.
Little steps towards what's next.
Let hope lead the way.*

SIGNS OF SPRING



Notice the season awakening around you.

FINDING THE LIGHT



Welcome the light and look for brightness each day.

KINDNESS & CONNECTION



Small acts, warm words, big difference.

NEW BEGINNINGS



Plant ideas, try new things and create space.

SIMPLE PLEASURES



Enjoy the little things that bring you joy.

HOPE & REFLECTION



Look back with gratitude and step forward with hope.

1 Look for the first snowdrops.



2 Notice one sign that winter is beginning to soften.



3 Listen for birdsong on a morning walk.



4 Spend a few minutes outdoors noticing nature.



5 Watch how the light is changing.



6 Open the curtains early and welcome the daylight.



7 Watch the sunrise or sunset.



8 Sit somewhere sunny, even for ten minutes.



9 Notice something beautiful about today's sky.



10 Take a photograph of the light.



11 Send a thoughtful message.



12 Compliment someone sincerely.



13 Share tea or coffee with someone.



14 Do a small act of kindness.



15 Tell someone you appreciate them.



16 Start a new book.



17 Write down something you'd like to learn.



18 Declutter one small space.



19 Begin a simple project.



20 Plant seeds, indoors or outdoors.



21 Read for half an hour.



22 Enjoy your favourite warm drink slowly.



23 Bake something comforting.



24 Spend an evening without rushing.



25 Make time for a hobby.



26 Write down three things you're looking forward to.



27 Reflect on what is going well right now.



28 Choose one hopeful intention for March.



*May your February be filled
with gentle moments, kind hearts
and hope for all that's ahead.*

