

FEBRUARY: TRO AWARENESS MONTH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				<p>1</p> <p>Set 3 personal goals for the month</p>	<p>2</p> <p>Buy some flowers and hope for an early spring</p>	<p>3</p> <p>Wake up 30 minutes early to enjoy a quiet and slow morning</p>
<p>4</p> <p>Get into flow with your personal favourite leisure activity</p>	<p>5</p> <p>Keep your brain sharp by doing a word search or crossword puzzle</p>	<p>6</p> <p>Enjoy listening to your favourite songs and podcasts</p>	<p>7</p> <p>Check out a local fitness class or search YouTube for a new exercise routine</p>	<p>8</p> <p>Treat yourself to a warm drink from a coffee shop on your way in to work today</p>	<p>9</p> <p>Order in or make homemade pizzas for National Pizza Day</p>	<p>10</p> <p>Write down at least 3 things that you are grateful for today</p>
<p>11</p> <p>Bundle up and go for a mindful walk with a cup of hot chocolate, coffee or tea</p>	<p>12</p> <p>Make a yummy snack and watch something on TV that you enjoy</p>	<p>13</p> <p>Show some love for yourself by doing your favourite type of self-care</p>	<p>14</p> <p>Celebrate by calling someone that you love...a friend, parent, child, or partner</p>	<p>15</p> <p>Spend at least 15 minutes reading something that you enjoy</p>	<p>16</p> <p>Nominate a fellow TRO member for a TRO Award</p>	<p>17</p> <p>Do a random act of kindness for World Kindness Day</p>
<p>18</p> <p>Make a mocktail or cocktail from scratch</p>	<p>19</p> <p>Do a fun activity with your loved ones to celebrate Family Day</p>	<p>20</p> <p>Colour a mandala to express your creativity and help reduce stress</p>	<p>21</p> <p>Make time for yourself by spending one hour alone doing something you enjoy</p>	<p>22</p> <p>Declutter your space by donating at least one item you don't want or need anymore</p>	<p>23</p> <p>Take a social media break and don't log in to check your socials today</p>	<p>24</p> <p>Wear your favourite outfit today</p>
<p>25</p> <p>Compliment an unexpected stranger</p>	<p>26</p> <p>Try cooking a new and health recipe</p>	<p>27</p> <p>List 5 things you love about yourself</p>	<p>28</p> <p>Bake some cookies or treats to enjoy</p>	<p>29</p> <p>Make a point to see the sunrise or sunset</p>		