

“If your compassion does not include yourself it is incomplete.”

Jack Kornfield

FEBRUARY

Jack Kornfield							01 Write down 3 things you're grateful for.
02 Compliment someone today.	03 Buy yourself flowers.	04 Detox from your devices today. Go offline for at least half of the day.	05 Start planning a meaningful Valentine's Day hangout with a friend or your sweetie.	06 Listen to the Self-Compassion meditation in the Relationship to Self Series.	07 Try to be aware of your internal dialogue. See if you can notice when you're kind (or unkind) to yourself throughout the day.	08 When you look in the mirror today, find something you love about yourself and say it out loud. Take a selfie!	
09 Take yourself out on a date! A walk on the beach, a trip to a coffee shop - anything that makes you smile!	10 Reflect and journal about what nourishes you.	11 Set aside 5 minutes to lay down, close your eyes and listen to your favorite song.	12 Make your own loving kindness meditation by filling in the blanks. May I be _____. May you be _____. May all beings be _____.	13 When you eat your food today, connect to where it came from.	14 Write yourself a Valentine.	15 Listen to one of the meditations in the Relationship to Others Series.	
16 When you notice yourself being judgemental toward yourself or others, practice compassion.	17 Perform a random act of kindness.	18 Do one thing that cultivates a friendship with your body.	19 Try the Deep Sleep Release before bed.	20 Do the Breathe Bubble and imagine that you're inhaling compassion for yourself and exhaling harsh judgment.	21 Make your lunch with extra care.	22 Challenge a negative thought pattern. Stand up to it like you were standing up to a bully.	
23 Mindfully clean a room in your home.	24 Choose a self-care practice (a long bath or a warm cup of tea) that nourishes you and give that to yourself today.	25 Text a friend and let them know why you love them.	26 Take an afternoon nap with our nap story.	27 Do at least 10 minutes of mindful movement.	28 Reflect on how you want to nurture your relationship to self.	29 Give yourself a hand or a foot massage.	