



Brought to you by GoZen.com

HOW TO USE THIS CALENDAR

Friendship February is a snippet from our Year in Action Calendar! Each month is themed with a different wellness opportunity, and each day provides you with one tiny action you can take toward achieving that goal.

February is focused on small actions themed around friendship including ways to be a better friend. We've included this both in English and Spanish for you!

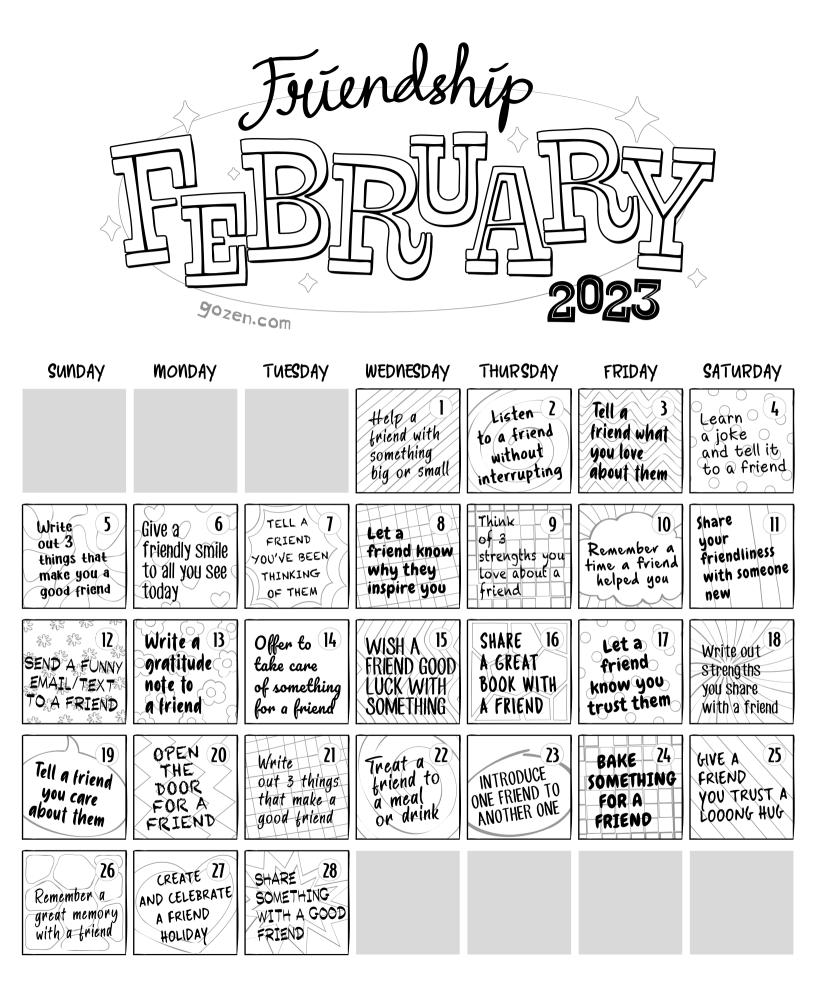
Print this out and challenge yourself to do the entire month or a certain number of days. Try these on your own or with a family member or friend. You can cross them off as you go and even circle ones you love. Keep a journal as you work through them or share your experiences with someone you trust.

At the end of the month, you'll have some pretty awesome habits. Eventually, these tiny little actions will add up to some pretty amazing changes!

GoZen.com



SUNDAY	monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Help a friend with something big or small	Listen 2 to a friend without interrupting	Tell a 3 friend what you love about them	Learn a joke and tell it to a friend
Write 5 out 3 things that make you a good friend	Give a 6 friendly smile to all you see today	TELL A 7 FRIEND YOU'VE BEEN THINKING OF THEM	Let a friend know why they inspire you	Think 9 of 3 strengths you love about a friend	10 Remember a time a friend helped you	Share your friendliness with someone new
SEND A FUNNY EMAIL/TEXT TO A FRIEND	Write a B gratitude note to a friend	Offer to take care of something for a friend	WISH A B FRIEND GOOD LUCK WITH SOMETHING	SHARE 16 A GREAT BOOK WITH A FRIEND	Let a 17 friend know you trust them	Write out Strengths you Share with a friend
19 Tell a friend you care about them	OPEN 20 THE DOOR FOR A FRIEND	Write 21 out 3 things that make a good friend	Treat a 22 friend to a meal or drink	INTRODUCE ONE FRIEND TO ANOTHER ONE	BAKE SOMETHING FOR A FRIEND	GIVE A 25 FRIEND YOU TRUST A LOOONG HUG
26 Remember a great memory with a friend	CREATE 27 AND CELEBRATE A FRIEND HOLIDAY	SHARE 28 SOMETHING WITH A GOOD FRIEND				





Domingo	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
			Ayuda a tu amigo con algo grande o pequeño	2 Escucha a un amigo sin interrumpirlo	Dile a un ³ amigo lo que te agrada sobre el	Aprende un chiste y díselo a un amigo
5 Escribe 3 cosas que te hagan un buen amigo	Sonríele 6 mablemente a todos los que veas hoy	tile a un amigo que has estado pensando en él	Déjale saber a un amigo por qué él te inspira	Piensa 9 sobre 3 fortalezas que te gustan de un amigo	Recuerda un momento en el que un amigo te ayudó	Comparte tu amabilidad con alguien nuevo
ENVÍA UN EMAIL/MENSAJE DE TEXTO DIVERTIDO A UN AMIGO	Escribele B una nota de gratitud a un amigo	Ofrécete para cuidar de algo por un amigo	Deséale a un amigo buena suerte con algo	Comparte 16 un buen libro con un amigo	Déjale 17 saber a un amigo que confias en él	Anota fortalezas que compartes con un amigo
19 Dile a un amigo que te importa	Abre 20 La puerta para un amigo	Anota 3 21 cosas que hacen a un buen amigo	Consiente a un amigo con una comida o bebida	Presenta un amigo a otro	Cocina algo para un amigo	Dale un 25 abrazo a un amigo en quien confies
26 Recuerda un buen recuerdo con un amigo	crea y 27 celebra un día festivo para un amigo	28 COMPARTE ALGO CON UN BUEN AMIGO				





UNLOCK THE FULL GOAL-SETTING KIT!



The Goal For It! Goal-Setting Kit and Year in Action Calendar are available in both English and Spanish!

English: gozen.com/goalsettingkit/ Spanish: gozen.com/es-kitdemetas/

WANT MORE? 💔

GoZen! members get access to all kits along with hundreds of other printables. Learn about membership: gozen.com/programs/

GoZen.com