



# FRIENDSHIP FEBRUARY 2023

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# 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!

# Friendship

# FEBRUARY

## 2023

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SUNDAY

MONDAY

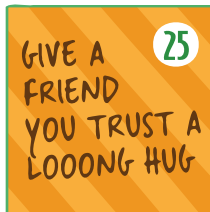
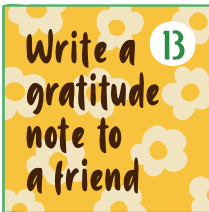
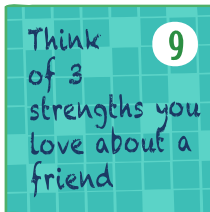
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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# Friendship

# FEBRUARY

## 2023

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SUNDAY

MONDAY

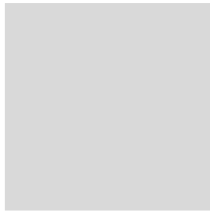
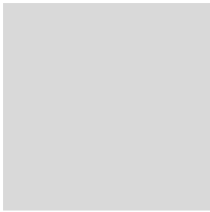
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1  
Help a friend with something big or small

2  
Listen to a friend without interrupting

3  
Tell a friend what you love about them

4  
Learn a joke and tell it to a friend

5  
Write out 3 things that make you a good friend

6  
Give a friendly smile to all you see today

7  
TELL A FRIEND YOU'VE BEEN THINKING OF THEM

8  
Let a friend know why they inspire you

9  
Think of 3 strengths you love about a friend

10  
Remember a time a friend helped you

11  
Share your friendliness with someone new

12  
SEND A FUNNY EMAIL/TEXT TO A FRIEND

13  
Write a gratitude note to a friend

14  
Offer to take care of something for a friend

15  
WISH A FRIEND GOOD LUCK WITH SOMETHING

16  
SHARE A GREAT BOOK WITH A FRIEND

17  
Let a friend know you trust them

18  
Write out strengths you share with a friend

19  
Tell a friend you care about them

20  
OPEN THE DOOR FOR A FRIEND

21  
Write out 3 things that make a good friend

22  
Treat a friend to a meal or drink

23  
INTRODUCE ONE FRIEND TO ANOTHER ONE

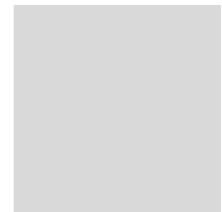
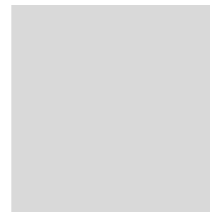
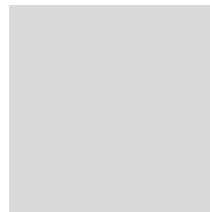
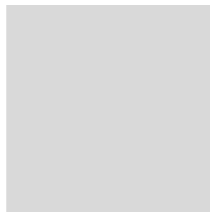
24  
BAKE SOMETHING FOR A FRIEND

25  
GIVE A FRIEND YOU TRUST A LOONG HUG

26  
Remember a great memory with a friend

27  
CREATE AND CELEBRATE A FRIEND HOLIDAY

28  
SHARE SOMETHING WITH A GOOD FRIEND



# FEBRERO

## de Amistad 2023

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DOMINGO

LUNES

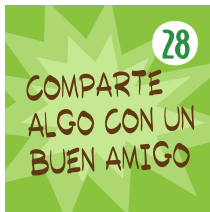
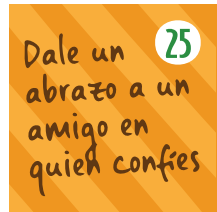
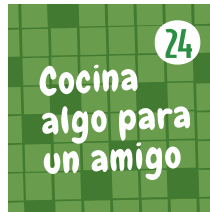
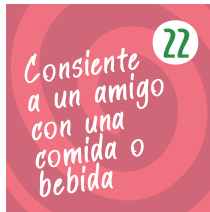
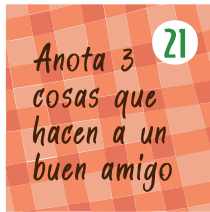
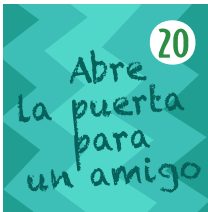
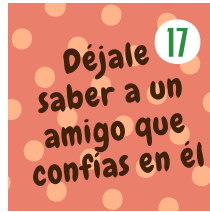
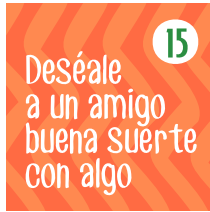
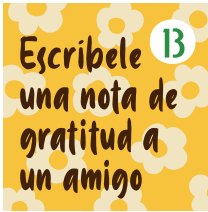
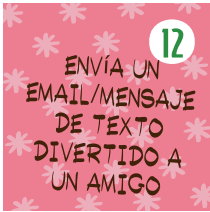
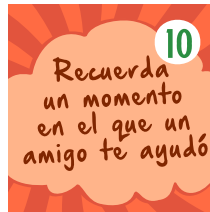
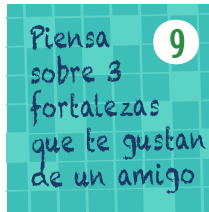
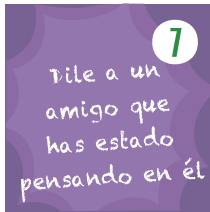
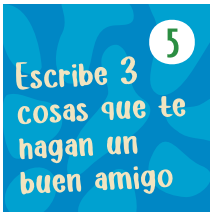
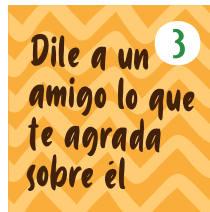
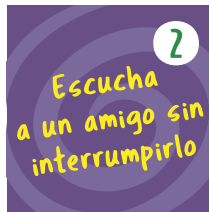
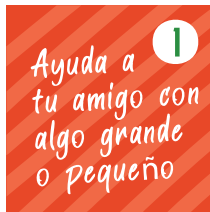
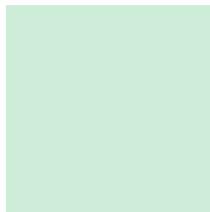
MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO



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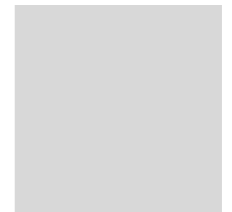
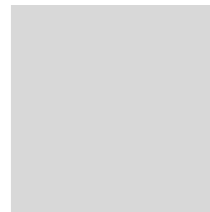
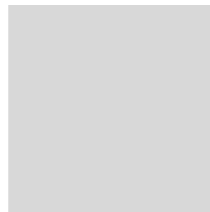
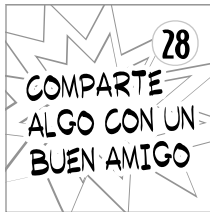
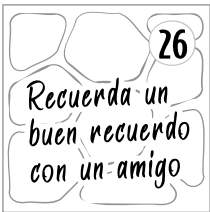
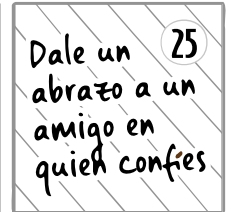
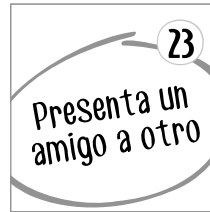
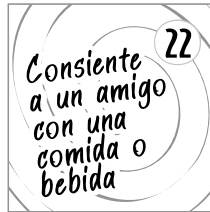
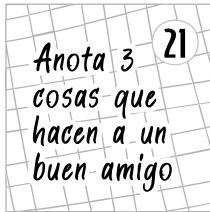
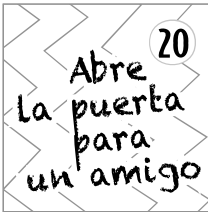
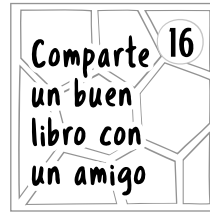
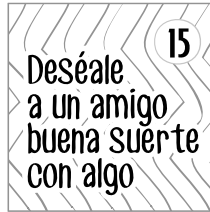
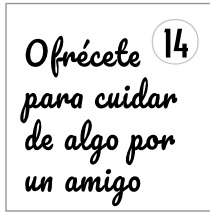
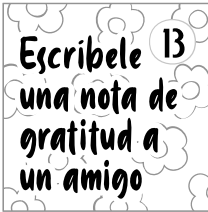
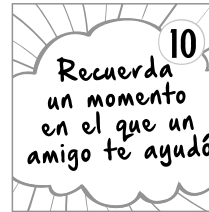
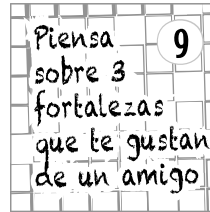
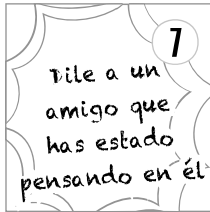
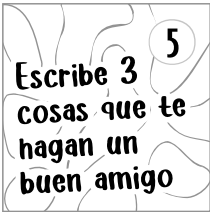
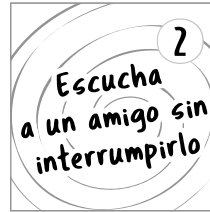
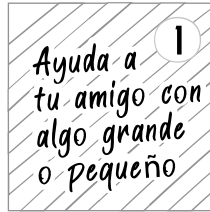
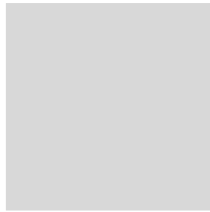
MARTES

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# 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/](https://gozen.com/goalsettingkit/)

Spanish: [gozen.com/es-kitdemetas/](https://gozen.com/es-kitdemetas/)

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