

Connect

FEBRUARY

Fostering belonging and community

2026 daily self-care calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>1</p> <p>Journal prompt: Make a list of people you'd like to reach out to.</p>	<p>2</p> <p>Send someone a quick note or text to let them know you are thinking of them.</p>	<p>3</p> <p>Plan a fun team activity this month, such as a team walk, lunch, or theme days.</p>	<p>4</p> <p>Give an authentic compliment to someone today.</p>	<p>5</p> <p>Thrive Thursday! Join a group fitness class today or find one to attend this month.</p>	<p>6</p> <p>Invite a friend or neighbor over for coffee, lunch, or dinner.</p>	<p>7</p> <p>Schedule at least one fun social activity this month.</p>
<p>8</p> <p>Journal prompt: What does community mean to you?</p>	<p>9</p> <p>Find a group or club to join that interests you.</p>	<p>10</p> <p>Thank people today. It helps remind us how interconnected we all are.</p>	<p>11</p> <p>Smile. It's one of the simplest ways to connect with others, and it only takes a second.</p>	<p>12</p> <p>Thrive Thursday! Do something creative such as crafting or playing music with others.</p>	<p>13</p> <p>Say yes more often. Make an effort to join social gatherings when invited.</p>	<p>14</p> <p>Send a love note to someone in your life who needs it today.</p>
<p>15</p> <p>Journal prompt: Make a list of people who lift you up.</p>	<p>16</p> <p>Plan a game night with friends or family sometime this week.</p>	<p>17</p> <p>Sign up to volunteer for a cause you care about at kpcare.org.</p>	<p>18</p> <p>Be the first to say hi. Greet servers, neighbors, and others in everyday encounters.</p>	<p>19</p> <p>Thrive Thursday! Do something active with a friend or co-worker.</p>	<p>20</p> <p>Send an appreciation e-card to a colleague at kp.org/kpkudos.</p>	<p>21</p> <p>Laugh with others. Goof off, watch a funny movie, live comedy, or play a fun game.</p>
<p>22</p> <p>Journal prompt: Reflect on a time you felt truly included.</p>	<p>23</p> <p>Start a team meeting or huddle with an icebreaker this week.</p>	<p>24</p> <p>Connect with someone from a different generation.</p>	<p>25</p> <p>Reach out to someone who you haven't connected with in a while.</p>	<p>26</p> <p>Thrive Thursday! Practice gratitude today for the connections in your life.</p>	<p>27</p> <p>Challenge yourself to speak positively today. Avoid gossiping or negative talk.</p>	<p>28</p> <p>Share a success from this month. Scan the QR code to let us know how it went!</p>

Scan the QR code at the end of the month to share a highlight!

