

Connect



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



FEBRUARY

Fostering belonging and community

2026 daily self-care calendar

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