

# February Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## “Growing With & For”

Relationship w/ Self/Purpose

**1**

Make a plan to learn about [Black History Month](#) or go to an event

**2**

Good relationships require us to regulate our emotions. Work on regulating with [this](#) practice.

**3**

**Play.** What will you do to be active this month? What gives you joy?

Relationships w/ Partners

**4**

Rest and worship.

**5** LISTEN NOW

**Listen** to new With & For episode with guests – Sue Johnson & Jim Furrow

**6**

Reach out to a friend you would like to know better. Schedule time for coffee or a walk.

**7**

Connect to love through practice. Read more about the [5 B's](#) to get started.

**8**

What does our [attachment style](#) have to do with our relationships and accessing love?

**9**

It's [date night](#)! Even if you don't have a partner, schedule a dinner with someone you love.

**10**

**Play.** Go to a museum.

Relationships w/ Divine

**11**


Rest and worship.

**12** LISTEN NOW

**Listen** to new With & For episode with guest – Miroslav Wolf.

**13**

What is your go to spiritual practice? Prayer? Walks in nature? Volunteer work? Really pay attention.

**14** 

Valentine's Day! 1st day of [Lent](#). Commit to a practice during this season.

**15**

Read [Life Worth Living](#), or better yet, give it to a young person you know.

**16**

Connect to your source of divine love. Try the [Table Practice](#) to get started.

**17**

**Play.** Go to a concert or spend the evening listening to music in your home.

Relationships w/ Others

**18**

Rest and worship.

**19** LISTEN NOW

**Listen** to new With & For episode with guest – Dan Radcliff.

**20**

Today practice being just a little kinder to others. [Patience](#) is key.

**21**

Become more [aware](#) of how your behavior and thoughts affect others.

**22**

Terry Hargrave talks about relationships. [Watch](#) this short video.

**23**

Consider [diversifying](#) your friendship group.

**24**

**Play.** Tuck in and read a good book.

Reciprocal Relationships

**25**

Rest and worship.

**26** LISTEN NOW

**Listen** to new With & For episode with guest – Dan Siegel.

**27**

Practicing gratitude is really good for friendships. Read [more](#).

**28**

When we face hardships, we need practices for resilience. Learn more [here](#).

**29**

Tips from Dan Siegel on parenting. [Watch now](#).

