

Love Hard Challenge

FEBRUARY 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Spread love this February.
Love Big. Love Hard.

1
DO SOMETHING THAT WILL
LIGHTEN SOMEONE'S
LOAD. TAKE DINNER TO A
FRIEND. TAKE BACK
ANOTHER SHOPPER'S
GROCERY CART. HELP
CARRY PACKAGES. DO
SOMEONE'S CHORE.

2
Smile and
say hello to
everyone
you walk by
today.

3
Tell
someone
they are
doing a
good job
and give
them a hug.

4
Learn a joke
and make
someone
laugh.

5
TALK TO THE
STRANGER YOU
ARE STANDING
WITH IN LINE.

6
Bring coffee
to a friend
who could
use a boost
(literally or
metaphorically).

7
Give a
thoughtful
compliment
to 5
people.

8
Call
someone
you
haven't
talked to
in awhile.

9
Buy 5
Valentines
and send
them to
friends.

10
MAKE HANDMADE
VALENTINES FOR
YOUR FAMILY. GO OLD
SCHOOL -
CONSTRUCTION PAPER,
MARKERS, STICKERS.

11
Put away
your
phone for
the whole
day. Be
present.

12
Write a letter
or send a
card to
someone and
tell them why
they are
special.

13
Hold the
door for
the person
behind
you.
Every
time.

14
HAVE LUNCH OR
DINNER WITH
PEOPLE YOU LOVE.
SAY I LOVE YOU.
A LOT.

Challenge yourself to LOVE HARD this February. These are simple tasks but they require your intention and your presence. Loving hard is more than paying for a stranger's coffee in the drive-thru line. Loving hard is about making a connection with the human beings around you. Loving hard is about saying "I see you. You matter."

#LoveHard

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