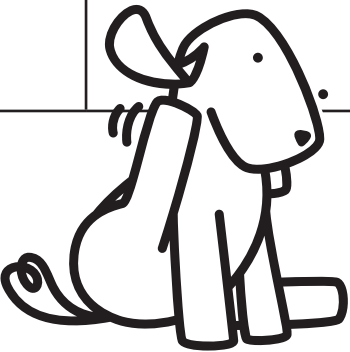


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Pursue a new hobby 1	Plan a vacation 2	Drink more water 3	Be accepting of yourself 4	Breathe deeply, hold, slowly exhale 5 times 5	Eat ice cream for breakfast! 6 Eat ice cream for breakfast day	
Practice positive self talk 7	Laugh often 8	Indulge in something you love 9	Exercise 10	Dedicate 5 minutes a day to sit with your own thoughts 11	Keep a gratitude journal 12	Take a long hot bath 13	
Spend time with loved ones or treat yourself 14	Smile at everyone you see 15	Buy a bouquet of flowers and give to the cashier 16	Do something kind for a stranger 17	Tell others what they mean to you 18	Do something kind for someone you know 19	Spend an extra 10 minutes doing something your pet loves 20	
RAK WEEK FEBRUARY 14-20, 2016 #RAKWEEK							
Valentine's Day			RAK Day			Love Your Pet Day	
Do something kind for yourself 21	Be present for your children 22	Find a new book to read 23	Never stop pursuing your dreams 24	Write an entry in your journal about how very awesome you are 25	Watch a good movie 26	Spend time doing what you love doing 27	
Stay in your pajamas and read all day 28	Take yourself out on a date 29 Leap Day					RANDOM ACTS OF KINDNESS FOUNDATION®	