




2021

February

This Month's Focus: **Relationships**

This Month's Challenge:

Communication Practice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tell someone you love them	2 Nod head to indicate listening	3 Ask yourself who you trust	4 Say a genuine thank you	5 Ask for the care you need today	6 Tell someone a little more than usual
7 Ask what you can do to help	8 Tell someone why you admire them	9 Ask them about their day and listen	10 Re-word what they said back to them	11 Mirror facial expressions as you listen	12 Ask yourself who you respect	13 Keep a healthy boundary
14 Do not offer solutions	15 Thank them for sharing their thoughts	16 Ask yourself how you have built trust	17 Use empathy and not advice	18 Tell them how to / how not to touch you	19 Maintain good eye contact	20 Ask yourself to describe what love feels like
21 Give specific affirmation	22 Spend 20 mins only listening to and talking about them	23 Keep body language open and relaxed	24 Ask yourself what is important to them	25 Ask yourself who you are committed to	26 Do not allow distractions, be present	27 Tell them something you have noticed about them
28 Ask for / give / or set a permission	29 Ask yourself who you feel understood by	30 Describe standing in their shoes	31 Tell someone about this practice!			
		Join in next month's challenge -->		Check out the latest blog post -->		

Post your efforts on Insta and FB with the hashtag #FebCommunicationPractice and tag us @rachelamycounselling, so we can send you encouragement!