

***I am
available for
myself
at all times***

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FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ★ Celebrate Blackness out loud	2 List 3 things you have control over to make today great	3 Stick to your schedule for the day	4 Love yourself first!	5 Practice doing something you're good at
6 ★ Make an empowerment playlist	7 Spread positive energy	8 Go the whole day without passing judgment on others	9 Recognize that setbacks are a part of the process	10 Maintain your boundaries	11 ★ List 4 things you know about yourself - NO DOUBT!	12 Work towards one of your 2022 goals
13 Reach out to someone you haven't spoken to in a while	14 Understand that you are worthy! <small>VALENTINE'S DAY</small>	15 ★ Identify a way you are winning in life	16 Face a challenge with courage	17 Exercise Patience!	18 Be your best self in every way possible today	19 ★ List 1 thing you want to accomplish before the month ends
20 Work on forgiving past relationships	21 Stretch for 10 minutes <small>PRESIDENT'S DAY</small>	22 ★ Celebrate someone who has a gritty success story	23 Do a 5 minute meditation on gratitude	24 ★ Celebrate a small victory in your day	25 Listen to joyful music	26 Take a break from social media
27 ★ Recite your success mantra	28 Keep a positive attitude all day					

On days marked with a ★ share how you're participating and enter to win a prize from one of our BLACK BUSINESS collaborators. Can you collect all 8 stars?

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