

February 2022 Inspiration Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
mytoastlife.com Positive, inspiring, helpful news and stories to brighten your day		1 Happy Chinese New Year!	2 Groundhog Day -Find out how to protect our winters from climate change.	3 Educate yourself this Black History Month with these non-fiction reads.	4 Winter Olympics begin! Check out 5 things you should know.	5 Enjoy this chill & cheerful playlist for World Ukulele Day.
6 Cheer on your fave olympic athlete!	7 Be your best, brightest self with some helpful products.	8 Check out a fantastic fiction book for Black History Month.	9 Boost your confidence!	10 Wave goodbye to plastic waste.	11 Movie night - Get the popcorn ready.	12 Celebrate Black History Month. Here are 5 ways.
13 Spread the love on toast. Give us a follow!	14 Valentine's Day - Share the love.	15 Make your work life APP-solutely awesome!	16 Make your AM routine Earth-friendly.	17 Celebrate Random Acts of Kindness Day.	18 Get artsy!	19 Lizzo teaches Black History + Twerking + Self-Love.
20 Last day of the Winter Olympics.	21 International Mother Language Day.	22 Get through tough times by getting gritty.	23 Treat yourself to a health gadget?	24 Have more money and less garbage!	25 Enjoy some 2000s tunes.	26 Take care of your mental health.
27 International Polar Bear Day - Help our northern buddies.	28 Enjoy some Monday karaoke.	This month, we're toasting to showing LOVE to ourselves and others! Click here to sign up for our newsletter and enjoy some happiness in your inbox from time to time!				