

FEBRUARY: SETTING REALISTIC EXPECTATIONS, GOALS AND BOUNDARIES

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		FRIENDSHIP MONTH	1	2 DETERMINE YOUR PRIORITIES IN DIFFERENT AREAS OF YOUR LIFE	3	4 DECIDE WHAT YOU WANT TO ACCOMPLISH
5	6 SAFER INTERNET DAY	7	8 CREATE SMART GOALS	9	10 PRACTISE SAYING 'NO'	11
12 TEENHELP'S SELF LOVE WEEK	13	14 VALENTINE'S DAY	15	16 LEARN TO BE ASSERTIVE	17 RANDOM ACTS OF KINDNESS DAY	18
19	20 PRACTISE STATING WHAT YOU WANT	21	22 SETTING BOUNDARIES WITH PARENTS	23	24 SETTING BOUNDARIES WITH FRIENDS	25
26 SETTING BOUNDARIES WITH YOUR PARTNER	27	28 SETTING BOUNDARIES AT WORK	29			

