










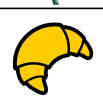
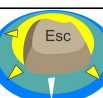





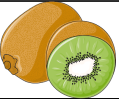













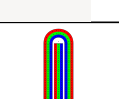


















Jan		HOLIDAY	SUGGESTION ON HOW TO CELEBRATE
16		International Hot and Spicy Food Day	Enjoy something hot and spicy today.
		Appreciate a Dragon Day	Do you have a favorite story or movie that involves a dragon? Share that with your spouse.
17		Ben Franklin Day	Learn something new about Ben Franklin today.
		Kid Inventors' Day	Think like a kid. "I wish I could invent something that would....."
18		Winnie the Pooh Day	Which Winnie the Pooh character is your favorite? Why? Share that with your spouse.
		Thesaurus Day	Find a better way to say that, by discovering a "richer" word in the Thesaurus.
19		National Popcorn Day	Enjoy some popcorn and perhaps a movie this evening.
		New Friends Day	Strike up a conversation with a stranger today.
20		Take a Walk Outdoors Day	The fresh air will do you some good. And if it's really cold you will have already accomplished the second celebration.
		Penguin Awareness Day	After that walk outside, watch a short video about the penguin.
21		National Hugging Day	What a sweet simple way to let your spouse know you care!
		Squirrel Appreciation Day	Spend some time together watching the squirrels.
22		National Polka Dot Day	Find something with polka dots on it and wear it today.
		Come in From the Cold Day	Enjoy some snuggle time with your spouse this evening.
23		Clashing Clothes Day	Who's brave enough?
		National Handwriting Day	Leave your spouse a handwritten note letting them know you think they're special.
24		National "Just Do It" Day	Quit procrastinating and get it done! Share the accomplishment with your spouse and celebrate. Need some help? Ask your spouse to help you complete the task.

		National Compliment Day	How many compliments can you give your spouse in the next 24 hours? READY -- SET --- GO.....
25		National Opposite Day	Today is for doing the opposite of what is usually done. So... eat dessert first.
		Flouride Day	Did you get Fluoride treatment when you went to the dentist as a child? What was your favorite flavor? Share your fluoride experiences with your spouse.
26		Spouse's Day	Spend time with your spouse this evening. Perhaps dinner and homework..
		Toad Hollow Day of Encouragement	You don't have to live in Toad Hollow (which by the way is a fictitious place) to spend a day encouraging others. I'll start: "I think you're amazing!"
27		National Chocolate Cake Day	Enjoy a piece of chocolate cake together today.
		Better Business Communication Day	The aim is to help companies get on a path to implementing solid communication practices. Seems like a great day to try that at home, too. Try an "I" statement and some reflective listening today.
28		National Kazoo Day	Purchase a kazoo at the dollar store and have some fun.
		National Blueberry Pancake Day	Make blueberry pancakes together today.
29		National Puzzle Day	Solve a puzzle together - whether it be a jigsaw puzzle, a paper and pencil puzzle or an unresolved issue in your marriage.
		National Carnation Day	Bring a carnation home to your spouse.
30		National Croissant Day	Grab your spouse and a croissant and share about your day.
		National Escape Day	Ask your spouse where their perfect place of escape is / would be.
31		National Hot Chocolate Day	Enjoy a cup of hot chocolate together.
		Inspire Your Heart with Art Day	Visit an art museum today.
Feb.			
1		National Get Up Day	You are not defeated! It is not hopeless! Pray for help, strength, will... and get up and try again.
		Ice Cream for Breakfast Day	What a fun way to start the day! (If you think this is a bad way to start the day, at least entertain the thought for a moment and share with your spouse what flavor you would choose if you were going to have ice cream for breakfast.)

2		Groundhog Day	Whether the groundhog sees his shadow or not, today would be a good day to ask your spouse to complete this statement, "I can't wait for spring because...."
		California Kiwifruit Day	We may not be in California, but grab a kiwi anyway. Enjoy!
3		National Wedding Ring Day	Share some wedding memories.
		Doggie Date Night	Do something special with your dog this evening. OR Share memories of dogs from your past.
4		National Homemade Soup Day	Make soup together.
		National Thank a Mailman Day	Leave a note for your mailman in the mailbox today.
5		Disaster Day	A day to remember some of the great disasters of history, in part to stop them from happening again. Which of your marriage "disasters" would benefit from a review in order to prevent a recurrence or to celebrate a victory?
		National Weatherperson's Day	Learn something new today about weather.
6		National Frozen Yogurt Day	Enjoy some frozen yogurt together.
		Pay - a - Compliment Day	Make an effort to pay a compliment to all those you come in contact with today.
7		Send a Card to a Friend Day	Well, that should make them smile!
		National Fettuccine Alfredo Day	So, enjoy some Fettuccine Alfredo.
8		National Potato Lover's Day	What's your favorite way to fix potatoes? Plan to make that version for dinner this evening?
		Laugh and Get Rich Day	Share a good story or a good joke and enjoy laughing together. Laughing does "rich" things for your body - elevates mood, lowers stress and blood pressure and strengthens the immune system.
9		World Marriage Day	Celebrate the two of you. You decide how.
		Chocolate Day	Enjoy a chocolate treat with your spouse.
10		International Cribbage Day	Play a game of Cribbage with your spouse.
		National Flannel Day	Wear flannel today.

11		Grandmother Achievement Day	Share stories of your grandmas and what they taught you. If they are still alive, call them, send or card or spend some time with them.
		Extraterrestrial Cultures Day	Your spouse is not actually from another planet... it just seems like it sometimes. Talk about some of those "strange" things today in a respectful manner.
12		Hug Day	What a great way to get your spouse's day off to a good start.
		Lost Penny Day	Don't pass by that dropped penny. Pick it up. And then ponder, what other seemingly insignificant thing needs my attention and should not be passed by.
13		Giving Hearts Day	A 24 hour fundraising event that began in North Dakota and NW Minnesota. Why not extend it to the midwest? Support your favorite non profit today financially, with a word of encouragement, or an act of service.
		Dream Your Sweet Day	Think about all the great things your spouse means to you.
14		<i>Valentine's Day</i>	Plan a special evening with your spouse.
			
15		National Hippo Day	Learn something about the Hippo today.
		National Gumdrops Day	Share a bag of gumdrops together.
16		Do a Grouch a Favor Today	Give someone having a "less than stellar" day the benefit of the doubt. Treat them kindly and offer a blessing despite their behavior.
		National Innovation Day	Examine something in your home and see if you can find a new use for it or can use it to improve the way you do something.
17		Random Acts of Kindness Day	Perform a random act of kindness for someone and share that experience with your spouse. Better yet, plan and implement this act together.
		Who Shall I Be Day	You get to decide. Actually, a choice you make everyday. Today, begin by reviewing your Third Option book. What area of your street will you work on today, to be a better you today than yesterday?