

February Spread Some Love Challenge

Tell someone you care about them.

Give someone a compliment.

Post a positive message.

Give a local business a positive review.

Tell someone thank you.

Show support for a small business.

Share an inspirational quote.

Tell someone thank you.

Congratulate someone.

Share a video that makes you smile.

Share a favorite recipe.

Share a photo that makes you happy.

Send a gift card to a friend.

Tell someone they are doing a good job.

Share a favorite memory.

Let someone know you are praying for them.

Share a GIF that makes you smile.

Send a message to 3 friends.

Send someone a real card in the mail.

Show support for a charity.

Leave an encouraging post on a friend's page.

Share a positive music video.

Send someone a small gift.

Send a funny video to a friend.

Text "I love you" to 3 people.

Share a book that has impacted your life.

Check in with 3 friends.

Share a post to help someone else.