

FEBRUARY

TRADING PLACES –

Pick one week where you trade places with the grocery shopper. If one person usually does the shopping, the other person should do it at least once on their own. Notes or instructions are allowed, but they will learn more if they go alone.

HABITS –

Change something about your work habits this month. If you put in a lot of hours, cut back a little. Chill out, life is short. Maybe work more if you usually don't, it could be rewarding for your career. Something as simple as changing what you do for lunch might make an interesting change. The point is to get out of that “same old thing” rut.

DISCUSSION –

Talk about your careers. Do you really enjoy what you do for a living? Why? Why not? Is there anything you would rather do? Money doesn't grow on trees so be realistic.

ACTIVITY –

If you usually read books in your spare time, pick a week and watch more television. You may be surprised at what interesting viewing is available now days. If you watch too much TV, or are frustrated with the advertising frequency, spend more time reading. Do something different in your spare time. You might just learn something new.

SPIRITUAL –

Take some time and write a bed time prayer. Keep it simple, but meaningful. Kind of like a mission statement for your life. Say the prayer together every night.

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1937 Garret Morris	2 1947 Farrah Fawcett <i>GROUNDHOG DAY</i>	3 1894 Norman Rockwell	4 1913 Rosa Parks	5 1934 Hank Aron	6 1964 Bob Marley
7 1962 Garth Brooks <i>SUPER BOWL</i>	8 1925 Jack Lemmon	9 1943 Joe Pesci	10 1955 Greg Norman	11 1963 Sheryl Crow	12 1915 Lorne Green	13 1944 Jerry Springer
14 1913 Jimmy Hoffa <i>VALENTINE'S DAY</i>	15 1964 Chris Farley <i>PRESIDENTS DAY</i> <i>Federal Holiday</i>	16 1958 Ice Tea <i>MARDI GRAS</i>	17 1963 Micheal Jordan	18 1954 John Travolta	19 1940 Smoky Robinson	20 1966 Cindy Crawford
21 1955 Kelsey Grammer	22 1975 Drew Barrymore	23 1939 Peter Fonda	24 1955 Steven Jobs	25 1943 George Harrison	26 1829 Levi Strauss	27 1934 Ralph Nader
28 1955 Gilbert Gottfried						

MAY

TRADING PLACES –

Sometimes one person is “sentenced” to pay the monthly bills. Have the other partner do it.

They may need some guidance, so be cooperative. The other person will gain a more practical understanding of what your financial situation is, and where the money is going.

HABITS –

Weekends can sometimes become habit forming. If you are usually very busy on the weekends, take some time and relax. If you usually waste a lot of time, try doing something productive.

It would be nice if weekends would start on Thursday and end on Tuesday, but that’s not the way it is. Learn to use this time wisely, it’s valuable.

DISCUSSION –

Discuss your past, your childhood, and how you think past events and circumstances influenced who you are today and why. Do you want to make any changes?

How can you best set an example to influence the “little ones” in your life?

ACTIVITY –

Spend some time alone this month. Not with your mate, any relatives, or friends.

Think about what you like and dislike. Think about what you want out of life.

It will help remind yourself who you really are. Attempt to look at yourself and your life from several other perspectives. This is not an easy thing to do, but give it a try.

SPIRITUAL –

Just because you were raised that way doesn’t mean that’s the way you have to be.

Discuss what you truly believe in and if you might want to change directions.

An important thing to remember is that just because you chose a path doesn’t mean you can’t change your mind.

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 1918 Jack Paar
2 1903 Dr. Benjamin Spock	3 1933 James Brown	4 1918 Heloise <i>TEACHERS DAY</i>	5 1818 Carl Marx	6 1856 Sigmond Freud	7 1901 Gary Cooper	8 1926 Don Rickles
9 1949 Billy Joel <i>MOTHERS DAY</i>	10 1957 Sid Viciouss	11 1888 Irving Berlin	12 1937 George Carlin	13 1961 Dennis Rodman	14 1944 George Lucas	15 1969 Emmit Smith
16 1986 Megan Fox	17 1936 Dennis Hopper	18 1970 Tina Fey	19 1925 Malcolm X	20 1944 Joe Cocker	21 1952 Mr. T	22 1940 Naomi Campbell
23 1958 Drew Cary	24 1941 Bob Dylan	25 1963 Mike Myers	26 1907 John Wayne	27 1911 Vincent Price	28 1908 Ian Fleming	29 1917 John Kennedy
30 1964 Wynonna Judd	31 <i>MEMORIAL DAY</i> <i>Federal Holiday</i>					