

Spiritual Fitness Month

February 2026

<u>Sacred Sundays</u> Focus the transcendent or something greater than self	<u>Mindful Mondays</u> Focus on your purpose, character, beliefs, goals	<u>Team Tuesdays</u> Focus on your professional relationships	<u>Workout Wednesdays</u> Focus on yourself physically	<u>Thankful Thursdays</u> Focus on the ways you have been blessed	<u>Fellowship Fridays</u> Focus on time with friends and family	<u>Sanity Saturdays</u> Focus on your personal renewal
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1 Connect with a faith community or like-minded group Rest and re-create	2 10-minute walk Take a walk and reflect on the question "What is a life Well-Lived" and how that looks for you	3 Team Building Have lunch with your coworkers or a few other people from your unit/department.	4 Physically Fit 30-minute workout of your choice	5 Gratitude Note Find 10 different things that are part of your ordinary day for which you are grateful.	6 Family focus Have a family game night. Play virtual games with family back home. Gather with friends for board games.	7 Perform a Random Act of Kindness for someone you don't know.
8 Connect with a faith community or like-minded group Rest and re-create	9 10-minute walk Take a walk and reflect on the question "To Whom/What do I feel responsible for the way I live my life and why?"	10 Team Building Office or Unit Potluck Day.	11 Physically Fit Focus on healthy eating and drinking. No Energy Drinks	12 Gratitude Note Reflect on an adversity/challenge and find one thing for which you are grateful from that experience.	13 Share a Moment Attend a "spiritual enrichment" event (such as a scripture study, meditation group, prayer circle).	14 Give of Yourself Volunteer in the community to live outside yourself with selfless service
15 Connect with a faith community or like-minded group Rest and re-create	16 10-minute walk Take a walk and reflect on what am I doing well and what do I need to improve	17 Team Building Give positive feedback to your teammates to help them grow professionally.	18 Physically Fit 30-minute workout of your choice	19 Gratitude Note Send a note to someone thanking them for what they did/said/gave you, etc.	20 "Mandatory Fun" Organize and attend a social outing with your unit/department/command.	21 Explore Go someplace new in the city or take a day trip.
22 Connect with a faith community or like-minded group Rest and re-create	23 Spiritual Fitness Rally with Guest Speaker 10-minute walk Take a walk and reflect on what I can do to enhance my Spiritual Fitness	24 Team Building Attend the Spiritual Fitness Month Rally with your unit/department.	25 Physically Fit Focus on healthy eating and drinking. No Energy Drinks.	26 Gratitude Note Send a note to a mentor thanking them for their role in getting you to where you are.	27 Fun With Others Spend time with family and/or friends.	28 Breathe Pause for a moment to explore everything good in your life this year.