

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