



# How to Love Someone

# CHALLENGE



A daily challenge to focus on loving others and to provide a sense of belonging in the community. Take the challenge and post to your social media to highlight how you “loved someone” and tag @arriveutah and #ArriveWithKindness so we can repost it!

- Day One (2/14): Give a thoughtful gift.
- Day Two (2/15): Have someone take the love language test and speak their love language.
- Day Three (2/16): Write a letter or shoot a text to someone you care about telling them why they are important to you.
- Day Four (2/17): Say thank you to someone.
- Day Five (2/18): Turn off devices for 10 minutes to connect with someone.
- Day Six (2/19): Speak kindly to those around you.
- Day Seven (2/20): Forgive someone.
- Day Eight (2/21): Do something kind for yourself then do the same thing for another.
- Day Nine (2/22): Write three things you love about yourself and write three things about others you love as well.
- Day Ten (2/23): Show patience to someone.
- Day Eleven (2/24): Take a chance to get to know someone you see everyday.
- Day Twelve (2/25): Reach out to someone you haven't talked to in awhile to see how they are doing.
- Day Thirteen (2/26): Offer up a genuine compliment.
- Day Fourteen (2/27): Buy a treat for yourself or for someone else.
- Day Fifteen (2/28): Post on social media how you resolve to spread love to others and yourself more and encourage others to pay it forward.

