



# Flowers for Ashley

#flowersforash

FEBRUARY 2024

- Day 1: Share the Flowers for Ashley calendar with friends, family, and coworkers
- Day 2: Commit to 5 days and put them on your calendar
- Day 3: Show self-love, and buy some flowers for your home or office
- Day 4: Honor Ashley's birthday. Share Ashley's story, art, and/or website with someone ([ashleybusby.org](http://ashleybusby.org))
- Day 5: Celebrate the strong women in our lives by thanking one who inspired you
- Day 6: Honor someone who has passed. Plant something in their memory
- Day 7: Take flowers to someone who provides a service to you or your family
- Day 8: Petal it forward (+ see below)
- Day 9: Share the National Suicide Prevention Hotline number on social media: 988
- Day 10: Reach out to a friend and check in with them
- Day 11: Give flowers to a co-worker or classmate
- Day 12: Share a funny memory with someone
- Day 13: Show appreciation to a teacher with a small gift or note
- Day 14: Show someone you LOVE how appreciated they are
- Day 15: Petal it forward +
- Day 16: Secretly leave flowers on the doorstep of a neighbor
- Day 17: Honor your first responders or military members
- Day 18: Show a child you adore them by gifting them flowers or a sweet note
- Day 19: Take your local florist a small token of your appreciation
- Day 20: Write a thoughtful note to someone and attach it to the flowers you give
- Day 21: Take flowers to the resting place of someone you miss
- Day 22: Petal it forward +
- Day 23: Get out and enjoy nature to view the world as Ashley did
- Day 24: Leave a special note for your mailperson with a flower
- Day 25: Share with us your rendition of your favorite flower.
- Day 26: Honor your parents or someone who helped you through life
- Day 27: Write down 5 things you are grateful for today and share your list with others.
- Day 28: Donate to your favorite charity
- Day 29: Buy some flowers for your home or office to remind yourself that YOU ARE AMAZING!



+ On Petal It Forward days, we ask that you give two flowers or bouquets to someone and ask them to give one of them away to someone they choose.

