



May 2025

APATHETIC

IS 201
Mending
H.E.A.R.T. Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 I am passionate about my life and goals.	2 I embrace every day with enthusiasm.	3 I care deeply about my actions and their impact.
4 I find joy in being active and involved.	5 I am engaged and present in every moment.	6 I am motivated to make a positive difference.	7 I am enthusiastic about new opportunities.	8 I care about the well-being of others.	9 I am inspired to take action and make a change.	10 I am determined to make a meaningful impact.
11 I care about the details and strive for excellence.	12 I am excited about my future and what I can achieve.	13 I am dedicated to making a positive contribution.	14 I am motivated to help others and make a difference.	15 I am eager to learn and grow every day.	16 I am committed to making every day count.	17 I am passionate about creating a better world.
18 I care about the quality of my work and contributions.	19 I matter.	20 I am passionate about the things that matter to me.	21 I am motivated to make the most of every moment.	22 I am passionate about finding solutions and solving problems.	23 I am motivated to take initiative and make things happen.	24 I am committed to making a meaningful difference in the world.
25 I care about living my life to the fullest, every single day.	26 I am passionate about making my dreams a reality.	27 I am passionate about expressing my true self.	28 I care about the impact of my actions on others.	29 I am dedicated to pursuing what truly matters to me.	30 I am passionate about making the most of my talents.	31 I am committed to staying curious and open-minded.
						

Apathetic is lacking interest, enthusiasm, or concern. It's like when someone tells you exciting news, and instead of sharing their excitement, you just shrug and say, "Whatever." Being apathetic means you don't care about things that are important to others or even to yourself, and you act in a way that shows you are disengaged and indifferent. It's important to avoid apathy because it can lead to missed opportunities and strained relationships. People may feel ignored and unvalued around you. Instead, aim to be engaged and interested. Show that you care about others' feelings and experiences, just as you want them to care about yours.