MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Make a list of new things you want to do this month

Respond to a difficult situation in a different way

Get outside and observe the changes in nature around you

Sign up to join a new course. activity or online community

5 Change your normal routine today and notice how vou feel

Try out a new way of being physically active

Be creative. Cook, draw, write, paint, make or inspire

Plan a new activity or idea you want to try out this week

When you feel you can't do something, add the word "yet"

10

Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12

Find out something new about someone you care about 13

Do something playful outdoors - walk, run, explore, relax

14

Find a new way to help or support a cause you care about

15

Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eves and see their perspective 17

Try a new way to practice selfcare and be kind to yourself

18

Connect with someone from a different generation

Broaden your perspective: read a different paper, magazine or site

Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22

Find a new way to tell someone you appreciate them 23

Set aside a regular time to pursue an activity you love

Share with a friend something helpful you learned recently 25 Use one of your strengths in a new or creative way 26

Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29

Enjoy new music today. Play, sing, dance or listen 30

Look for new reasons to be hopeful, even in tough times







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