# Action Calendar – Happier January 2022

## Happier January - Day 1 Saturday

Find three things to look forward to this year

## Happier January - Day 2 Sunday

Make time today to do something kind for yourself

## Happier January - Day 3 Monday

Do a kind act for someone else to help to brighten their day

## Happier January - Day 4 Tuesday

Write a list of things you feel grateful for and why

## Happier January - Day 5 Wednesday

Look for the good in others and notice their strengths

## Happier January - Day 6 Thursday

Take five minutes to sit still and just breathe

## Happier January - Day 7 Friday

Learn something new and share it with others

## Happier January - Day 8 Saturday

Say positive things to the people you meet today

## Happier January - Day 9 Sunday

Get moving. Do something active (ideally outdoors)

## Happier January - Day 10 Monday

Thank someone you're grateful to and tell them why

## Happier January - Day 11 Tuesday

Switch off all your tech at least an hour before bedtime

## Happier January - Day 12 Wednesday

Connect with someone near you - share a smile or chat

## Happier January - Day 13 Thursday

Take a different route today and see what you notice

## Happier January - Day 14 Friday

Eat healthy food which really nourishes you today

## Happier January - Day 15 Saturday

Get outside and notice five things that are beautiful

## Happier January - Day 16 Sunday

Contribute positively to your local community

## Happier January - Day 17 Monday

Be gentle with yourself when you make mistakes

## Happier January - Day 18 Tuesday

Get back in contact with an old friend

## Happier January - Day 19 Wednesday

Focus on what’s good, even if today feels tough

## Happier January - Day 20 Thursday

Go to bed in good time and allow yourself to recharge

## Happier January - Day 21 Friday

Try out something new to get out of your comfort zone

## Happier January - Day 22 Saturday

Plan something fun and invite others to join you

## Happier January - Day 23 Sunday

Put away digital devices and focus on being in the moment

## Happier January - Day 24 Monday

Take a small step towards an important goal

## Happier January - Day 25 Tuesday

Decide to lift people up rather than put them down

## Happier January - Day 26 Wednesday

Choose one of your strengths and find a way to use it today

## Happier January - Day 27 Thursday

Challenge your negative thoughts and look for the upside

## Happier January - Day 28 Friday

Ask other people about things they've enjoyed recently

## Happier January - Day 29 Saturday

Say hello to a neighbour and get to know them better

## Happier January - Day 30 Sunday

See how many people you can smile at today

## Happier January - Day 31 Monday

Write down your hopes or plans for the future