



HAPPY NEW YEAR CALENDAR - JANUARY 2019





MONDAY



- 7 Write down ten things you feel grateful for in life and why
- 14 Switch off all your tech
 2 hours before bedtime
- 21 Get back in contact with an old friend you miss
- 28 Say hello to a neighbour and get to know them better

TUESDAY

- 1 Find three good things to look forward to this year
- Go to bed
 an hour
 earlier than
 normal
- **15** Make something happen for a good cause
- 22 Be kinder to yourself when you make mistakes
- 29 Challenge your negative thoughts and look for the upside

WEDNESDAY

- 2 Look for the good in others and notice their strengths
- **9** Take ten minutes to sit still and just breathe
- 16 Take a
 different route
 today and see
 what you notice
- 23 Take a small step towards an important goal
- 30 Count how many people you smile at today

THURSDAY

- 3 Do three extra acts of kindness for other people
- 10 Use one of your personal strengths in a new way
- 17 Put a worry into perspective and try to let it go
- 24 Try out something new to get out of your comfort zone
- **31** Write down your dreams and plans for the future

FRIDAY

- 4 Make time today to do something kind for yourself
- 11 Learn something new and share it with others
- 18 Get outside and notice five things that are beautiful
- 25 Decide to lift people up rather than put them down

SATURDAY

- **5** Say something positive to everyone you meet today
- 12 Ask other people about things they've enjoyed recently
- **19** Eat healthy food which really nourishes you today
- 26 Today do something fun (ideally with others)

SUNDAY

- 6 Do an extra 15 minutes of physical activity (ideally outdoors)
- 13 Thank three people you're grateful to and tell them why
- 20 Have a friendly chat with a stranger
- 27 Put away your devices and focus fully on who you're with

"Happiness is the meaning and purpose of life" ~ Aristotle

ACTION FOR HAPPINESS











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