# Action Calendar – Happy January 2019

## Happy January - Day 1 Tuesday

Find three good things to look forward to this year

## Happy January - Day 2 Wednesday

Look for the good in others and notice their strengths

## Happy January - Day 3 Thursday

Do three extra acts of kindness for other people

## Happy January - Day 4 Friday

Make time today to do something kind for yourself

## Happy January - Day 5 Saturday

Say something positive to everyone you meet today

## Happy January - Day 6 Sunday

Do an extra 15 minutes of physical activity (ideally outdoors)

## Happy January - Day 7 Monday

Write down ten things you feel grateful for in life and why

## Happy January - Day 8 Tuesday

Go to bed an hour earlier than normal

## Happy January - Day 9 Wednesday

Take ten minutes to sit still and just breathe

## Happy January - Day 10 Thursday

Use one of your personal strengths in a new way

## Happy January - Day 11 Friday

Learn something new and share it with others

## Happy January - Day 12 Saturday

Ask other people about things they've enjoyed recently

## Happy January - Day 13 Sunday

Thank three people you're grateful to and tell them why

## Happy January - Day 14 Monday

Switch off all your tech 2 hours before bedtime

## Happy January - Day 15 Tuesday

Make something happen for a good cause

## Happy January - Day 16 Wednesday

Take a different route today and see what you notice

## Happy January - Day 17 Thursday

Put a worry into perspective and try to let it go

## Happy January - Day 18 Friday

Get outside and notice five things that are beautiful

## Happy January - Day 19 Saturday

Eat healthy food which really nourishes you today

## Happy January - Day 20 Sunday

Have a friendly chat with a stranger

## Happy January - Day 21 Monday

Get back in contact with an old friend you miss

## Happy January - Day 22 Tuesday

Be kinder to yourself when you make mistakes

## Happy January - Day 23 Wednesday

Take a small step towards an important goal

## Happy January - Day 24 Thursday

Try out something new to get out of your comfort zone

## Happy January - Day 25 Friday

Decide to lift people up rather than put them down

## Happy January - Day 26 Saturday

Today do something fun (ideally with others)

## Happy January - Day 27 Sunday

Put away your devices and focus fully on who you’re with

## Happy January - Day 28 Monday

Say hello to a neighbour and get to know them better

## Happy January - Day 29 Tuesday

Challenge your negative thoughts and look for the upside

## Happy January - Day 30 Wednesday

Count how many people you smile at today

## Happy January - Day 31 Thursday

Write down your dreams and plans for the future