



ACTION CALENDAR: FRIENDLY FEBRUARY 2019



MONDAY

TUESDAY

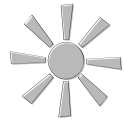
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

1 Send someone a message to say how much they mean to you

2 Ask a friend what good things have happened to them recently

3 Get in touch with an old friend you've not seen for a while

4 Do something supportive and friendly for your colleagues

5 Notice the good qualities of everyone you meet today

6 Thank someone and tell them how they made a difference for you

7 Show an active interest by asking questions when talking to others

8 Say friendly things to people who work in your local shop or cafe

9 Tell a loved one about their strengths that you value most

10 Put away digital devices & really focus on who you're with

11 Try to involve others and invite them to join your conversations

12 Smile at the people you're with and try to brighten their day

13 Be kind especially when your first instinct is to be unkind

14 Tell loved ones why they are so special to you

15 Respond positively to everyone you meet today

16 Call a friend to catch up and really listen to them

17 Make an effort to have a friendly chat with a stranger

18 Look for the good side when other people frustrate you

19 Send an encouraging note to someone who needs a boost

20 Actively listen to what people say, without judging them

21 Give sincere compliments to three people you meet today

22 Make a plan to meet up with others and do something fun

23 Take time to speak with a neighbour and get to know them

24 Do an act of kindness to make life easier for someone else

25 Make positive comments to as many people as possible today

26 Thank three people you feel grateful to and tell them why

27 Make uninterrupted time for your loved ones

28 Be gentle with someone who you feel inclined to criticise



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys