# Action Calendar – Happier January 2021

## Happier January - Day 1 Friday

Find three good things to look forward to this year

## Happier January - Day 2 Saturday

Make time today to do something kind for yourself

## Happier January - Day 3 Sunday

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

## Happier January - Day 4 Monday

Write a list of things you feel grateful for in life and why

## Happier January - Day 5 Tuesday

Look for the good in others and notice their strengths

## Happier January - Day 6 Wednesday

Take five minutes to sit still and just breathe

## Happier January - Day 7 Thursday

Learn something new and share it with others

## Happier January - Day 8 Friday

Say positive things to the people you meet today

## Happier January - Day 9 Saturday

Get moving. Do something physically active (ideally outdoors)

## Happier January - Day 10 Sunday

Thank someone you're grateful to and tell them why

## Happier January - Day 11 Monday

Switch off all your tech 2 hours before bedtime

## Happier January - Day 12 Tuesday

Connect with someone near you - share a smile or chat

## Happier January - Day 13 Wednesday

Be gentle with yourself when you make mistakes

## Happier January - Day 14 Thursday

Take a different route today and see what you notice

## Happier January - Day 15 Friday

Eat healthy food which really nourishes you today

## Happier January - Day 16 Saturday

Get outside and notice five things that are beautiful

## Happier January - Day 17 Sunday

Contribute positively to a good cause or your community

## Happier January - Day 18 Monday

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

## Happier January - Day 19 Tuesday

Get back in contact with an old friend you miss

## Happier January - Day 20 Wednesday

Go to bed in good time and give yourself time to recharge

## Happier January - Day 21 Thursday

Take a small step towards an important goal

## Happier January - Day 22 Friday

Try out something new to get out of your comfort zone

## Happier January - Day 23 Saturday

Plan something fun and invite others to join you

## Happier January - Day 24 Sunday

Put away digital devices and focus on being in the moment

## Happier January - Day 25 Monday

Decide to lift people up rather than put them down

## Happier January - Day 26 Tuesday

Say hello to a neighbour and get to know them better

## Happier January - Day 27 Wednesday

Challenge your negative thoughts and look for the upside

## Happier January - Day 28 Thursday

Ask other people about things they've enjoyed recently

## Happier January - Day 29 Friday

Use one of your personal strengths in a new way

## Happier January - Day 30 Saturday

Count how many people you can smile at today

## Happier January - Day 31 Sunday

Write down your hopes or plans for the future