



# ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi**

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

**5** Look for the good in others and notice their strengths

**6** Take five minutes to sit still and just breathe

**7** Learn something new and share it with others

**1** Find three good things to look forward to this year

**2** Make time today to do something kind for yourself

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

**11** Switch off all your tech 2 hours before bedtime

**12** Connect with someone near you - share a smile or chat

**13** Be gentle with yourself when you make mistakes

**14** Take a different route today and see what you notice

**15** Eat healthy food which really nourishes you today

**16** Get outside and notice five things that are beautiful

**17** Contribute positively to a good cause or your community

**18** Focus on what's good, even if today feels tough

**19** Get back in contact with an old friend you miss

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

**21** Take a small step towards an important goal

**22** Try out something new to get out of your comfort zone

**23** Plan something fun and invite others to join you

**24** Put away digital devices and focus on being in the moment

**25** Decide to lift people up rather than put them down

**26** Say hello to a neighbour and get to know them better

**27** Challenge your negative thoughts and look for the upside

**28** Ask other people about things they've enjoyed recently

**29** Use one of your personal strengths in a new way

**30** Count how many people you can smile at today

**31** Write down your hopes or plans for the future

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)

**Happier · Kinder · Together**