



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

11 Switch off all your tech 2 hours before bedtime

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

25 Decide to lift people up rather than put them down

5 Look for the good in others and notice their strengths

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

19 Get back in contact with an old friend you miss

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

6 Take five minutes to sit still and just breathe

13 Be gentle with yourself when you make mistakes

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

27 Challenge your negative thoughts and look for the upside

7 Learn something new and share it with others

14 Take a different route today and see what you notice

21 Take a small step towards an important goal

28 Ask other people about things they've enjoyed recently

1 Find three good things to look forward to this year

8 Say positive things to the people you meet today

15 Eat healthy food which really nourishes you today

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

29 Use one of your personal strengths in a new way

2 Make time today to do something kind for yourself

9 Get moving. Do something physically active (ideally outdoors)

16 Get outside and notice five things that are beautiful

23 Plan something fun and invite others to join you

30 Count how many people you can smile at today

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

10 Thank someone you're grateful to and tell them why

17 Contribute positively to a good cause or your community

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

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

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Learn more about this month's theme at www.actionforhappiness.org/happier-january

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