

Happier January 2022

SATURDAY

1

Find three things to look forward to this year

SUNDAY

2

Make time today to do something kind for yourself

MONDAY

3

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

TUESDAY

4

Write a list of things you feel grateful for and why

WEDNESDAY

5

Look for the good in others and notice their strengths

THURSDAY

6

Take five minutes to sit still and just breathe

FRIDAY

7

Learn something new and share it with others

8

Say positive things to the people you meet today

9

Get moving. Do something active (ideally outdoors)

10

Thank someone you're grateful to and tell them why

11

Switch off all your tech at least an hour before bedtime

12

Connect with someone near you - share a smile or chat

13

Take a different route today and see what you notice

14

Eat healthy food which really nourishes you today

15

Get outside and notice five things that are beautiful

16

Contribute positively to your local community

17

Be gentle with yourself when you make mistakes

18

Get back in contact with an old friend

19

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

20

Go to bed in good time and allow yourself to recharge

21

Try out something new to get out of your comfort zone

22

Plan something fun and invite others to join you

23

Put away digital devices and focus on being in the moment

24

Take a small step towards an important goal

25

Decide to lift people up rather than put them down

26

Choose one of your strengths and find a way to use it today

27

Challenge your negative thoughts and look for the upside

28

Ask other people about things they've enjoyed recently

29

Say hello to a neighbour and get to know them better

30

See how many people you can smile at today

31

Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together