HAPPY NEW YEAR CALENDAR - JANUARY 2019

**MONDAY**
1. Find three good things to look forward to this year
7. Write down ten things you feel grateful for in life and why
14. Switch off all your tech 2 hours before bedtime
21. Get back in contact with an old friend you miss
28. Say hello to a neighbour and get to know them better

**TUESDAY**
2. Look for the good in others and notice their strengths
8. Go to bed an hour earlier than normal
15. Make something happen for a good cause
22. Be kinder to yourself when you make mistakes
29. Challenge your negative thoughts and look for the upside

**WEDNESDAY**
3. Do three extra acts of kindness for other people
9. Take ten minutes to sit still and just breathe
16. Take a different route today and see what you notice
23. Take a small step towards an important goal
30. Count how many people you smile at today

**THURSDAY**
4. Make time today to do something kind for yourself
10. Use one of your personal strengths in a new way
17. Put a worry into perspective and try to let it go
24. Try out something new to get out of your comfort zone
31. Write down your dreams and plans for the future

**FRIDAY**
5. Say something positive to everyone you meet today
11. Learn something new and share it with others
18. Get outside and notice five things that are beautiful
25. Decide to lift people up rather than put them down
26. Today do something fun (ideally with others)

**SATURDAY**
6. Do an extra 15 minutes of physical activity (ideally outdoors)
12. Ask other people about things they’ve enjoyed recently
19. Eat healthy food which really nourishes you today
20. Have a friendly chat with a stranger
27. Put away your devices and focus fully on who you’re with

**SUNDAY**
13. Thank three people you’re grateful to and tell them why
28. Say hello to a neighbour and get to know them better
29. Challenge your negative thoughts and look for the upside
30. Count how many people you smile at today
31. Write down your dreams and plans for the future

"Happiness is the meaning and purpose of life" ~ Aristotle

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