# Action Calendar – Optimistic October 2023

## Optimistic October - Day 1 Sunday

Write down three things you can look forward to this month

## Optimistic October - Day 2 Monday

Find something to be optimistic about (even if it’s a difficult time)

## Optimistic October - Day 3 Tuesday

Take a small step towards a goal that really matters to you

## Optimistic October - Day 4 Wednesday

Start your day with the most important thing on your to-do list

## Optimistic October - Day 5 Thursday

Be a realistic optimist. See life as it is, but focus on what's good

## Optimistic October - Day 6 Friday

Remind yourself that things can change for the better

## Optimistic October - Day 7 Saturday

Look for the good in people around you today

## Optimistic October - Day 8 Sunday

Make some progress on a project or task you have been avoiding

## Optimistic October - Day 9 Monday

Share an important goal with someone you trust

## Optimistic October - Day 10 Tuesday

Take time to reflect on what you have accomplished recently

## Optimistic October - Day 11 Wednesday

Avoid blaming yourself or others. Find a helpful way forward

## Optimistic October - Day 12 Thursday

Look out for positive news and reasons to be cheerful today

## Optimistic October - Day 13 Friday

Ask for help to overcome an obstacle you are facing

## Optimistic October - Day 14 Saturday

Do something constructive to improve a difficult situation

## Optimistic October - Day 15 Sunday

Thank yourself for achieving the things you often take for granted

## Optimistic October - Day 16 Monday

Put down your to-do list and do something fun or uplifting

## Optimistic October - Day 17 Tuesday

Take a small step towards a positive change you want to see in society

## Optimistic October - Day 18 Wednesday

Set hopeful but realistic goals for the days ahead

## Optimistic October - Day 19 Thursday

Identify one of your positive qualities that will be helpful in the future

## Optimistic October - Day 20 Friday

Find joy in tackling a task you've put off for some time

## Optimistic October - Day 21 Saturday

Let go of the expectations of others and focus on what matters to you

## Optimistic October - Day 22 Sunday

Share a hopeful quote, picture or video with a friend or colleague

## Optimistic October - Day 23 Monday

Recognise that you have a choice about what to prioritise

## Optimistic October - Day 24 Tuesday

Write down three specific things that have gone well recently

## Optimistic October - Day 25 Wednesday

You can’t do everything! What are your three priorities right?

## Optimistic October - Day 26 Thursday

Find a new perspective on a problem you face

## Optimistic October - Day 27 Friday

Be kind to yourself today. Remember, progress takes time

## Optimistic October - Day 28 Saturday

Ask yourself, will this still matter a year from now?

## Optimistic October - Day 29 Sunday

Plan a fun or exciting activity to look forward to

## Optimistic October - Day 30 Monday

Identify three things that give you hope for the future

## Optimistic October - Day 31 Tuesday

Set a goal that brings a sense of purpose for the coming month