**Monday**  |  **Tuesday**  |  **Wednesday**  |  **Thursday**  |  **Friday**  |  **Saturday**  |  **Sunday**
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"The little things? The little moments? They aren't little" - Jon Kabat-Zinn

5. Eat mindfully. Appreciate the taste, texture & smell of your food
6. Feel the cool of a breeze or the warmth of the sun on your face
7. Look around and spot 3 things you find unusual or pleasant
8. Appreciate your hands and all the things they enable you to do
9. Stop to just watch the sky or clouds for ten minutes today
10. Listen to a piece of music without doing anything else
11. No plans day. Slow down and let spontaneity take over

12. Cultivate a feeling of loving-kindness towards others today
13. Stop, breathe and just notice. Repeat regularly during the day
14. Enjoy doing any chores or tasks more mindfully today
15. Get outside and notice five things that are beautiful
16. If you find yourself rushing, make an effort to slow down
17. Have a device-free day and enjoy the space it offers
18. Do something creative that absorbs your attention
19. Listen deeply to someone and really notice their face and hands
20. International Day of Happiness! Focus on what makes you happy
21. Notice when you’re tired and take a break as soon as possible
22. Take an unusual route and notice what looks different
23. Mentally scan down your body and notice what it is feeling
24. Make a list of amazing things that you take for granted
25. Put devices away and really focus on who you’re with

**Action for Happiness**

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