"No act of kindness, no matter how small, is ever wasted" ~ Aesop

SUNDAY
5 Water some flowers or plants in a public park or outdoor space
12 Give your unused clothes away to support a charity
19 No plans day! Be kind to yourself so you can be kinder to others
26 Turn your phone off and give people your full attention

MONDAY
6 Contact a friend to let them know you’re thinking of them
13 Notice when someone is down and try to brighten their day
20 When you buy one and get one free, give the extra item away
27 Look for the good side in everyone you meet today

TUESDAY
7 Offer your seat, give way or hold the door open for others
14 Show support for a cause that doesn’t affect you directly
21 Try to bring a smile to as many people as possible today
28 Give away a book that you found inspiring or helpful

WEDNESDAY
1 Decide to be kind to others (and yourself) every day
8 Spend time wishing for other people to be free from suffering
15 Today do something to make life easier for someone else
22 Donate your change to support a good cause

THURSDAY
2 Leave a positive note for someone else to find
9 Be thankful for your food and the people who made it possible
16 Tell a young person something you wish you’d heard at their age
23 Pay sincere compliments to people you meet today

FRIDAY
3 Treat everyone you interact with as though they are a friend
10 Take time to forgive someone who hurt you in the past
17 If someone annoys you, imagine how it feels to be them
24 Give your time and energy to help someone in difficulty

SATURDAY
4 Ask someone how they are and really listen to their reply
11 Make a thoughtful gift as a surprise for someone
18 Take a friend on a spontaneous adventure
25 Cook your favourite food for someone who will appreciate it

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