MONDAY
1 Write down your most important goals for this month
8 Make progress on a project or task you have been avoiding
15 Let go of the expectations of others and focus on what matters
22 Set hopeful but realistic goals for the week ahead
29 Start the week by visualising your hopes for the future

TUESDAY
2 Do something constructive to improve a difficult situation
9 Look for the good intentions in people around you today
16 Share your most important goals with people you trust
23 Write down 3 specific things that have gone well recently
30 Find a new perspective on a problem you face

WEDNESDAY
3 Think of 3 things that give you hope for the future
10 Start your day with the most important thing on your list
17 Do something to overcome an obstacle you are facing
24 Share an inspiring idea with a loved one or colleague
31 Remember that things can change for the better

THURSDAY
4 Set a goal that links to your sense of purpose in life
11 Reframe a problem you face as a potential opportunity
18 Look out for positive news and reasons to be cheerful today
25 Recognise that you have a choice about what to prioritise

FRIDAY
5 Focus on a positive change that you want to see in society
12 Avoid blaming yourself or others. Just find the best way forward
19 Thank yourself for achieving the things you often take for granted
26 Plan a fun or exciting activity to look forward to

SATURDAY
6 Take the first step towards a goal that really matters to you
13 Take time to reflect on what you have achieved this week
20 Find the joy in completing a task you’ve put off for some time
27 Ask yourself, will this still matter a year from now?

SUNDAY
7 Be a realistic optimist. See life as it is, but focus on what’s good
14 Make a list of things that you are looking forward to
21 Be kind to yourself today. Remember, progress takes time
28 Put down your To-Do list and let yourself be spontaneous

“You are never too old to set a new goal or dream a new dream” ~ Anon

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