**AS LONG AS YOU LIVE, KEEP LEARNING HOW TO LIVE** ~ Seneca

**SUNDAY**
4 Enjoy new music today. Play, sing, dance or listen

**MONDAY**
5 Choose a different route and see what you notice on the way

**TUESDAY**
6 Make a meal using a recipe or ingredient you’ve not tried before

**WEDNESDAY**
7 When you feel you can’t do something, add the word “yet”

**THURSDAY**
1 Make a list of new things you want to try out this month

**FRIDAY**
2 Broaden your perspective: read a different paper, magazine or site

**SATURDAY**
3 Meet a new person and find out something about them

11 Be curious. Find out about three new topics or ideas

12 Find a new way to help or support a cause you care about

13 Be creative today - cook, draw, write, paint, make or inspire

14 Tell a friend about something helpful you learned recently

15 Look at life through someone else’s eyes and see their perspective

16 Join a new online community on a topic that interests you

17 Visit a local place of interest that you’ve not been to before

18 Learn a new skill from a friend and teach them one of yours

19 Sign up to join a new course, activity or evening class

20 Say hello to someone you see regularly but don’t normally talk to

21 Learn to say a word or phrase in three different languages

22 Choose to do something out of your normal comfort zone

23 Try a new way to practice self-care and be kind to yourself

24 Go outside and do something playful - walk, run, explore, relax

25 Discover your artistic side. Design your own Christmas cards!

26 Today wear something unusual and enjoy looking different

27 Tune in to a different radio station or TV channel to normal

28 Join a friend doing their hobby and find out why they love it

29 Use one of your strengths in a new or creative way

30 Set aside a regular time to pursue a new hobby

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**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)