"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

**MONDAY**
4. Do something supportive and friendly for your colleagues
11. Try to involve others and invite them to join your conversations
18. Look for the good side when other people frustrate you
25. Make positive comments to as many people as possible today

**TUESDAY**
5. Notice the good qualities of everyone you meet today
12. Smile at the people you’re with and try to brighten their day
19. Send an encouraging note to someone who needs a boost
26. Thank three people you feel grateful to and tell them why

**WEDNESDAY**
6. Thank someone and tell them how they made a difference for you
13. Be kind especially when your first instinct is to be unkind
20. Actively listen to what people say, without judging them
27. Make uninterrupted time for your loved ones

**THURSDAY**
7. Show an active interest by asking questions when talking to others
14. Tell loved ones why they are so special to you
21. Give sincere compliments to three people you meet today
28. Be gentle with someone who you feel inclined to criticise

**FRIDAY**
1. Send someone a message to say how much they mean to you
8. Say friendly things to people who work in your local shop or cafe
15. Respond positively to everyone you meet today
22. Make a plan to meet up with others and do something fun

**SATURDAY**
2. Ask a friend what good things have happened to them recently
9. Tell a loved one about their strengths that you value most
16. Call a friend to catch up and really listen to them
23. Take time to speak with a neighbour and get to know them

**SUNDAY**
3. Get in touch with an old friend you’ve not seen for a while
10. Put away digital devices & really focus on who you’re with
17. Make an effort to have a friendly chat with a stranger
24. Do an act of kindness to make life easier for someone else

**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)