# ACTION CALENDAR: MEANINGFUL MAY 2019

**MONDAY**

"We can change the world"
~ Nelson Mandela

6. What are your most important values? Use them today

7. Go on a kindness mission. Give your time to help others today

13. Find a way to craft your work activity to give it more meaning

20. Think about how your actions make a difference in the world

27. Link today’s choices and decisions to your purpose in life

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**TUESDAY**

8. Tell someone about why your favourite music means a lot to you

14. Recall three things you’ve done that you are really proud of

21. Ask a loved one or colleague what matters most to them in life

28. Today do something to care for the planet

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**WEDNESDAY**

1. Do something meaningful for someone you really care about

2. Share photos of 3 things you find meaningful or memorable today

9. Pay special attention today to the people you cherish most

15. Look for opportunities to be a good citizen of the world today

22. Support a cause that stands for something you believe in

29. Tell someone about 3 events in your life that were really meaningful

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**THURSDAY**

3. Take interest in people who are older, younger or different to you

10. Find out about the values and traditions of another culture

16. Share an inspiring quote with someone that matters to you

23. Reflect on what makes you feel really valued and appreciated

30. What do you want to change in the world? Do something today

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**FRIDAY**

4. Get outside. Look at the sky & feel connected to the natural world

11. Do something to help a project or charity you care about

17. Gaze up at the stars and see that we are part of something bigger

24. Notice all the amazing wonders in the world around you today

31. Take the AfH pledge: to create more happiness in the world

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**SATURDAY**

5. Choose one of your life goals and take a step towards it

12. Visit a location that you find inspiring and meaningful

18. Connect with people who matter to you (face-to-face if possible)

25. Find out how to get involved in a group in your local community

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**SUNDAY**

19. Today do something that makes your soul sing

26. Do something special today and revisit it in your memory tonight

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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)