**MONDAY**
1. Write down your most important goals for this month
7. Make progress on a project or task you have been avoiding
14. Set hopeful but realistic goals for the week ahead
21. Let go of the expectations of others and focus on what matters
28. Start the week by writing down your top priorities & plans

**TUESDAY**
2. Look out for positive news and reasons to be cheerful today
8. Do something constructive to improve a difficult situation
15. Do something to overcome an obstacle you are facing
22. Write down 3 specific things that have gone well recently
29. Find a new perspective on a problem you face

**WEDNESDAY**
3. Start your day with the most important thing on your list
9. Avoid blaming yourself or others. Just find the best way forward
16. Remember that things can change for the better
23. Share an inspiring idea with a loved one or colleague
30. Set a goal that links to your sense of purpose in life

**THURSDAY**
4. Focus on a positive change that you want to see in society
10. Look for the good intentions in people around you today
17. Share your most important goals with people you trust
24. Recognise that you have a choice about what to prioritise
31. Think of 3 things that give you hope for the future

**FRIDAY**
5. Take the first step towards a goal that really matters to you
11. Re-frame a problem you face as a potential opportunity
18. Thank yourself for achieving the things you often take for granted
25. Plan a fun or exciting activity to look forward to

**SATURDAY**
6. Be a realistic optimist. See life as it is, but focus on what's good
12. Take time to reflect on what you have achieved this week
19. Make a list of things that you are looking forward to
26. Ask yourself, will this still matter a year from now?

**SUNDAY**
13. Put down your To-Do list and let yourself be spontaneous
20. Find the joy in completing a task you've put off for some time
27. Be kind to yourself today. Remember, progress takes time

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“Choose to be optimistic. It feels better” - Dalai Lama

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)