"Happiness is not something ready made. It comes from your own actions" - Dalai Lama

**SUNDAY**
- Get moving. Do something physically active (ideally outdoors)
- Switch off all your tech 2 hours before bedtime
- Get back in contact with an old friend you miss
- Say hello to a neighbour and get to know them better

**MONDAY**
- Say something positive to everyone you meet today
- Be gentle with yourself when you make mistakes
- Go to bed in good time and give yourself time to recharge
- Challenge your negative thoughts and look for the upside

**TUESDAY**
- Take ten minutes to sit still and just breathe
- Take a different route today and see what you notice
- Take a small step towards an important goal
- Count how many people you can smile at today

**WEDNESDAY**
- Find three good things to look forward to this year
- Look for the good in others and notice their strengths
- Try out something new to get out of your comfort zone
- Use one of your personal strengths in a new way

**THURSDAY**
- Make time today to do something kind for yourself
- Learn something new and share it with others
- Decide to lift people up rather than put them down
- Ask other people about things they've enjoyed recently

**FRIDAY**
- Spread a bit of happiness by doing kind things for others
- Thank three people you're grateful to and tell them why
- Today do something fun and invite others to join you
- Write down your hopes and plans for the future

**SATURDAY**
- Write a list of things you feel grateful for in life and why
- Have a friendly chat with a stranger
- Make something happen for a good cause
- Put away your devices and focus fully on who you're with