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

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

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

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

**WEDNESDAY**
1. Find three good things to look forward to this year
8. Look for the good in others and notice their strengths
15. Put a worry into perspective and try to just let it go
22. Try out something new to get out of your comfort zone

**THURSDAY**
2. Make time today to do something kind for yourself
9. Learn something new and share it with others
16. Get outside and notice five things that are beautiful
23. Decide to lift people up rather than put them down

**FRIDAY**
3. Spread a bit of happiness by doing kind things for others
10. Thank three people you're grateful to and tell them why
17. Eat healthy food which really nourishes you today
24. Today do something fun and invite others to join you

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

**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)