<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;People forget what you said and what you did. But they never forget how you made them feel&quot; - Maya Angelou</td>
<td>Ask a friend what good things have happened to them recently</td>
<td>Do something supportive and friendly for your colleagues</td>
<td>Notice the good qualities of everyone you meet today</td>
<td>Get in touch with an old friend you’ve not seen for a while</td>
<td>Thank someone and tell them how they made a difference for you</td>
<td>Show an active interest by asking questions when talking to others</td>
</tr>
<tr>
<td>Put away digital devices &amp; really focus on who you’re with</td>
<td>Try to involve others and invite them to join your conversations</td>
<td>Smile at the people you’re with and try to brighten their day</td>
<td>Send an encouraging note to someone who needs a boost</td>
<td>Be kind especially when your first instinct is to be unkind</td>
<td>Tell loved ones why they are so special to you</td>
<td>Make an effort to have a friendly chat with a stranger</td>
</tr>
<tr>
<td>Call a friend to catch up and really listen to them</td>
<td>Respond positively to everyone you meet today</td>
<td>Look for the good side when other people frustrate you</td>
<td>Tell a loved one about their strengths that you value most</td>
<td>Actively listen to what people say, without judging them</td>
<td>Give sincere compliments to three people you meet today</td>
<td>Make a plan to meet up with others and do something fun</td>
</tr>
<tr>
<td>Take time to speak with a neighbour and get to know them</td>
<td>Do an act of kindness to make life easier for someone else</td>
<td>Make positive comments to as many people as possible today</td>
<td>Thank three people you feel grateful to and tell them why</td>
<td>Share what you’re feeling with someone you really trust</td>
<td>Be gentle with someone who you feel inclined to criticise</td>
<td>Make uninterrupted time for your loved ones</td>
</tr>
</tbody>
</table>

**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)