"People forget what you said and what you did. But they never forget how you made them feel" - Maya Angelou

1. SUNDAY
   2. Ask a friend what good things have happened to them recently
   3. Monday
   4. Do something supportive and friendly for your colleagues
   5. Notice the good qualities of everyone you meet today
   6. Get in touch with an old friend you’ve not seen for a while
   7. Thank someone and tell them how they made a difference for you
   8. Saturday
   9. Put away digital devices & really focus on who you’re with
   10. Try to involve others and invite them to join your conversations
   11. Smile at the people you’re with and try to brighten their day
   12. Send an encouraging note to someone who needs a boost
   13. Be kind especially when your first instinct is to be unkind
   14. Tell loved ones why they are so special to you
   15. Make an effort to have a friendly chat with a stranger
   16. Call a friend to catch up and really listen to them
   17. Respond positively to everyone you meet today
   18. Look for the good side when other people frustrate you
   19. Tell a loved one about their strengths that you value most
   20. Actively listen to what people say, without judging them
   21. Give sincere compliments to three people you meet today
   22. Make a plan to meet up with others and do something fun
   23. Take time to speak with a neighbour and get to know them
   24. Do an act of kindness to make life easier for someone else
   25. Make positive comments to as many people as possible today
   26. Thank three people you feel grateful to and tell them why
   27. Share what you’re feeling with someone you really trust
   28. Be gentle with someone who you feel inclined to criticise
   29. Make uninterrupted time for your loved ones

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys