"Choose to be optimistic. It feels better" - Dalai Lama

**MONDAY**
5. Start your day with the most important thing on your list
12. Look for the good intentions in people around you today
19. Set hopeful but realistic goals for the week ahead
26. Start the week by writing down your top priorities & plans

**TUESDAY**
6. Do something constructive to improve a difficult situation
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

**WEDNESDAY**
7. Remember that things can change for the better
14. Do something to overcome an obstacle you are facing
21. Let go of the expectations of others and focus on what matters
28. Ask yourself, will this still matter a year from now?

**THURSDAY**
1. Write down your most important goals for this month
8. Make progress on a project or task you have been avoiding
15. Look out for positive news and reasons to be cheerful today
22. Share an inspiring idea with a loved one or colleague

**FRIDAY**
2. Look for reasons to be hopeful even in difficult times
9. Avoid blaming yourself or others. Just find the best way forward
16. Thank yourself for achieving the things you often take for granted
23. Write down 3 specific things that have gone well recently

**SATURDAY**
3. Take the first step towards a goal that really matters to you
10. Take time to reflect on what you have achieved this week
17. Share your most important goals with people you trust
30. Set a goal that links to your sense of purpose in life

**SUNDAY**
4. Be a realistic optimist. See life as it is, but focus on what’s good
11. Focus on a positive change that you want to see in society
18. Make a list of things that you are looking forward to
31. Think of 3 things that give you hope for the future

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**ACTION FOR HAPPINESS**

Learn more about this month’s theme at [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)