ACTION CALENDAR: HAPPIER JANUARY 2021

"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

**MONDAY**
4 Write a list of things you feel grateful for in life and why
5 Look for the good in others and notice their strengths
6 Take five minutes to sit still and just breathe
7 Learn something new and share it with others
8 Say positive things to the people you meet today

**TUESDAY**
9 Get moving. Do something physically active (ideally outdoors)
10 Thank someone you’re grateful to and tell them why

**WEDNESDAY**
11 Switch off all your tech 2 hours before bedtime
12 Connect with someone near you - share a smile or chat
13 Be gentle with yourself when you make mistakes
14 Take a different route today and see what you notice
15 Eat healthy food which really nourishes you today

**THURSDAY**
16 Get outside and notice five things that are beautiful
17 Contribute positively to a good cause or your community
18 Focus on what’s good, even if today feels tough
19 Get back in contact with an old friend you miss
20 Go to bed in good time and give yourself time to recharge
21 Take a small step towards an important goal
22 Try out something new to get out of your comfort zone
23 Plan something fun and invite others to join you

**FRIDAY**
24 Put away digital devices and focus on being in the moment
25 Decide to lift people up rather than put them down
26 Say hello to a neighbour and get to know them better
27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently
29 Use one of your personal strengths in a new way

**SATURDAY**
30 Count how many people you can smile at today
31 Write down your hopes or plans for the future

**SUNDAY**
1 Find three good things to look forward to this year
2 Make time today to do something kind for yourself
3 Do a kind act for someone else to help to brighten their day

ACTION FOR HAPPINESS

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