



# HAPPY NEW YEAR CALENDAR - JANUARY 2019



## MONDAY



**7** Write down ten things you feel grateful for in life and why

**14** Switch off all your tech 2 hours before bedtime

**21** Get back in contact with an old friend you miss

**28** Say hello to a neighbour and get to know them better

## TUESDAY

**1** Find three good things to look forward to this year

**8** Go to bed an hour earlier than normal

**15** Make something happen for a good cause

**22** Be kinder to yourself when you make mistakes

**29** Challenge your negative thoughts and look for the upside

## WEDNESDAY

**2** Look for the good in others and notice their strengths

**9** Take ten minutes to sit still and just breathe

**16** Take a different route today and see what you notice

**23** Take a small step towards an important goal

**30** Count how many people you smile at today

## THURSDAY

**3** Do three extra acts of kindness for other people

**10** Use one of your personal strengths in a new way

**17** Put a worry into perspective and try to let it go

**24** Try out something new to get out of your comfort zone

**31** Write down your dreams and plans for the future

## FRIDAY

**4** Make time today to do something kind for yourself

**11** Learn something new and share it with others

**18** Get outside and notice five things that are beautiful

**25** Decide to lift people up rather than put them down

## SATURDAY

**5** Say something positive to everyone you meet today

**12** Ask other people about things they've enjoyed recently

**19** Eat healthy food which really nourishes you today

**26** Today do something fun (ideally with others)

## SUNDAY

**6** Do an extra 15 minutes of physical activity (ideally outdoors)

**13** Thank three people you're grateful to and tell them why

**20** Have a friendly chat with a stranger

**27** Put away your devices and focus fully on who you're with

"Happiness is the meaning and purpose of life" ~ Aristotle

ACTION FOR HAPPINESS



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