



HAPPY NEW YEAR CALENDAR - JANUARY 2018



MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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 Say hello to a neighbour and get to know them better

SATURDAY

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

SUNDAY

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

14 Get back in contact with an old friend you miss

21 Switch off all your tech 2 hours before bedtime

27 Today do something fun (ideally with others)

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

"Happiness is not something ready made.
It comes from your own actions" - Dalai Lama



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