## Happier

**SUNDAY** MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Do a kind act Find three Make time Look for the Take five Write a list for someone things to look today to do of things you good in others minutes to sit else to help something kind still and just forward to feel grateful and notice their brighten this year for yourself strengths for and why breathe their day Say positive Get moving. Thank someone Switch off all Connect with Take a Learn something things to the Do something you're grateful different route vour tech at someone near new and share people you active (ideally to and tell today and see least an hour vou - share a it with others meet today them why smile or chat what you notice outdoors) before bedtime Eat healthy Contribute Be gentle Go to bed in Get outside Get back Focus on positively to with yourself what's good, good time and food which and notice five in contact really nourishes your local when you make allow yourself things that are with an old even if today community feels tough to recharge you today beautiful mistakes friend Try out Put away Challenge Plan something Decide to Choose one of something digital devices Take a small your negative fun and invite lift people up your strengths new to get and focus on step towards an thoughts others to rather than put and find a way out of your important goal being in the and look for join you them down to use it today comfort zone the upside moment Ask other Say hello to Write down See how people about a neighbour your hopes or many people things they've and get to know you can smile plans for the enjoyed recently them better at today future

 $Happier \cdot Kinder \cdot Together$