SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Write down three things you can look forward to this month

Find something to be optimistic about (even if it's a difficult time)

Take a small step towards a goal that really matters to you

Start your day with the most important thing on your to-do list

Be a realistic optimist. See life as it is. but focus on what's good

Remind yourself that things can change for the better

Look for the good in people around you today

Make some progress on a project or task you have been avoiding

Share an important goal with someone you trust

Take time to reflect on what you have accomplished recently

Avoid blaming yourself or others. Find a helpful way forward

Look out for positive news and reasons to be cheerful today

Ask for help to overcome an obstacle you are facing

Do something constructive to improve a difficult situation

Thank yourself for achieving the things you often take for granted

Put down your to-do list and do something fun or uplifting

Take a small step towards a positive change you want to see in society

Set hopeful but realistic goals for the days ahead

Identify one of your positive qualities that will be helpful in the future

Find joy in tackling a task you've put off for some time

Let go of the expectations of others and focus on what matters to you

Share a hopeful quote, picture or video with a friend or colleague

Recognise that you have a choice about what to prioritise

Write down three specific things that have gone well recently

You can't do everything! What are your three priorities right now?

Find a new perspective on a problem you face

Be kind to yourself today. Remember. progress takes time

Ask yourself, will this still matter a year from now?



Plan a fun or exciting activity to look forward to

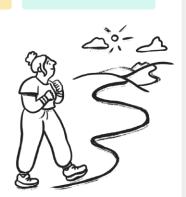
Identify three things that give you hope for the future

Set a goal that brings a sense of purpose for the coming month









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