

Action Calendar - January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Find three good things to look forward to this year	Make time today to do something kind for yourself
3	4	5	6	7	8	9
Do a kind act for someone else to help to brighten their day	Write a list of things you feel grateful for in life and why	Look for the good in others and notice their strengths	Take five minutes to sit still and just breathe	Learn something new and share it with others	Say positive things to the people you meet today	Get moving. Do something physically active (ideally outdoors)
10	11	12	13	14	15	16
Thank someone you're grateful to and tell them why	Switch off all your tech 2 hours before bedtime	Connect with someone near you - share a smile or chat	Be gentle with yourself when you make mistakes	Take a different route today and see what you notice	Eat healthy food which really nourishes you today	Get outside and notice five things that are beautiful
17	18	19	20	21	22	23
Contribute positively to a good cause or your community	Focus on what's good, even if today feels tough	Get back in contact with an old friend you miss	Go to bed in good time and give yourself time to recharge	Take a small step towards an important goal	Try out something new to get out of your comfort zone	Plan something fun and invite others to join you
24	25	26	27	28	29	30
Put away digital devices and focus on being in the moment	Decide to lift people up rather than put them down	Say hello to a neighbor and get to know them better	Challenge your negative thoughts and look for the upside	Ask other people about things they've enjoyed recently	Use one of your personal strengths in a new way	Count how many people you can smile at today
31						
Write down your hopes or plans for the future						