



# HAPPY NEW YEAR CALENDAR - JANUARY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

5 Get moving. Do something physically active (ideally outdoors)

6 Say something positive to everyone you meet today

7 Take ten minutes to sit still and just breathe

1 Find three good things to look forward to this year

2 Make time today to do something kind for yourself

3 Spread a bit of happiness by doing kind things for others

4 Write a list of things you feel grateful for in life and why

12 Switch off all your tech 2 hours before bedtime

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

8 Look for the good in others and notice their strengths

9 Learn something new and share it with others

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

11 Have a friendly chat with a stranger

15 Put a worry into perspective and try to just let it go

16 Get outside and notice five things that are beautiful

17 Eat healthy food which really nourishes you today

18 Make something happen for a good cause

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Decide to lift people up rather than put them down

24 Today do something fun and invite others to join you

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

26 Say hello to a neighbour and get to know them better

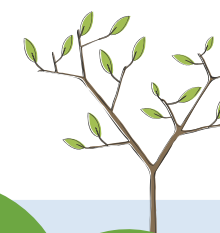
27 Challenge your negative thoughts and look for the upside

28 Count how many people you can smile at today

29 Use one of your personal strengths in a new way

30 Ask other people about things they've enjoyed recently

31 Write down your hopes and plans for the future



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