



# ACTION CALENDAR: OPTIMISTIC OCTOBER 2019



## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

**7** Make progress on a project or task you have been avoiding

**8** Do something constructive to improve a difficult situation

**9** Avoid blaming yourself or others. Just find the best way forward

**10** Look for the good intentions in people around you today

**11** Re-frame a problem you face as a potential opportunity

**12** Take time to reflect on what you have achieved this week

**13** Put down your To-Do list and let yourself be spontaneous

**14** Set hopeful but realistic goals for the week ahead

**15** Do something to overcome an obstacle you are facing

**16** Remember that things can change for the better

**17** Share your most important goals with people you trust

**18** Thank yourself for achieving the things you often take for granted

**19** Make a list of things that you are looking forward to

**20** Find the joy in completing a task you've put off for some time

**21** Let go of the expectations of others and focus on what matters

**22** Write down 3 specific things that have gone well recently

**23** Share an inspiring idea with a loved one or colleague

**24** Recognise that you have a choice about what to prioritise

**25** Plan a fun or exciting activity to look forward to

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

**27** Be kind to yourself today. Remember, progress takes time

**28** Start the week by writing down your top priorities & plans

**29** Find a new perspective on a problem you face

**30** Set a goal that links to your sense of purpose in life

**31** Think of 3 things that give you hope for the future

**“Choose to be optimistic. It feels better” - Dalai Lama**



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)