

HAPPINESS CHALLENGE (OCTOBER/NOVEMBER)

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			13 no tech 1 hour after waking 	14 write down the name of a person you appreciate & tell them	15 declutter a space	16 donate 5 items you no longer need/use
17 listen to a "happiness lab" podcast 😊	18 don't watch or read the news 	19 try a new workout 	20 wake up & tell yourself "it's going to be a great day" 👍	21 write your "worry" list	22 write down 3 things you're looking forward to today	23 practice focused breathing for 10 minutes
24 compliment a co-worker	25 reach out to an old friend/family member	26 plan future fun - date night, family fun night, a trip	27 listen to music for 10 minutes without doing anything else 🎵	28 perform an act of kindness for someone	29 connect with a stranger	30 spend 10 minutes in morning sunlight ☀️
31 write down 3 things that have gone well lately 	1 switch off tech 1 hour before bed	2 recall your last 5 purchases - did you need them/did they bring joy	3 take a photo of something that brings you joy 	4 write down 3 things you're grateful for 	5 tackle a nagging task	6 eat a healthy meal 
7 watch the clouds in the sky or the stars 🌠	8 do something nice for yourself	9 write down 3 things you appreciate about yourself	10 write your "happy ending" (how you want to be remembered)	11 slow down - be deliberate & mindful		