# Action Calendar – Optimistic October 2021

## Optimistic October - Day 1 Friday

Write down three things you can look forward to this month

## Optimistic October - Day 2 Saturday

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

## Optimistic October - Day 3 Sunday

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

## Optimistic October - Day 4 Monday

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

## Optimistic October - Day 5 Tuesday

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

## Optimistic October - Day 6 Wednesday

Remind yourself that things can change for the better

## Optimistic October - Day 7 Thursday

Look for the good in people around you today

## Optimistic October - Day 8 Friday

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

## Optimistic October - Day 9 Saturday

Share an important goal with someone you trust

## Optimistic October - Day 10 Sunday

Take time to reflect on what you have accomplished this week

## Optimistic October - Day 11 Monday

Avoid blaming yourself or others. Find a helpful way forward

## Optimistic October - Day 12 Tuesday

Look out for positive news and reasons to be cheerful today

## Optimistic October - Day 13 Wednesday

Ask for help to overcome an obstacle you are facing

## Optimistic October - Day 14 Thursday

Do something constructive to improve a difficult situation

## Optimistic October - Day 15 Friday

Thank yourself for achieving the things you often take for granted

## Optimistic October - Day 16 Saturday

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

## Optimistic October - Day 17 Sunday

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

## Optimistic October - Day 18 Monday

Set hopeful but realistic goals for the week ahead

## Optimistic October - Day 19 Tuesday

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

## Optimistic October - Day 20 Wednesday

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

## Optimistic October - Day 21 Thursday

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

## Optimistic October - Day 22 Friday

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

## Optimistic October - Day 23 Saturday

Recognise that you have a choice about what to prioritise

## Optimistic October - Day 24 Sunday

Write down three specific things that have gone well recently

## Optimistic October - Day 25 Monday

You can’t do everything! What are your three priorities this week?

## Optimistic October - Day 26 Tuesday

Find a new perspective on a problem you face

## Optimistic October - Day 27 Wednesday

Be kind to yourself today. Remember, progress takes time

## Optimistic October - Day 28 Thursday

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

## Optimistic October - Day 29 Friday

Plan a fun or exciting activity to look forward to

## Optimistic October - Day 30 Saturday

Identify three things that give you hope for the future

## Optimistic October - Day 31 Sunday

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