# Action Calendar – Optimistic October 2022

## Optimistic October - Day 1 Saturday

Write down three things you can look forward to this month

## Optimistic October - Day 2 Sunday

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

## Optimistic October - Day 3 Monday

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

## Optimistic October - Day 4 Tuesday

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

## Optimistic October - Day 5 Wednesday

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

## Optimistic October - Day 6 Thursday

Remind yourself that things can change for the better

## Optimistic October - Day 7 Friday

Look for the good in people around you today

## Optimistic October - Day 8 Saturday

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

## Optimistic October - Day 9 Sunday

Share an important goal with someone you trust

## Optimistic October - Day 10 Monday

Take time to reflect on what you have accomplished recently

## Optimistic October - Day 11 Tuesday

Avoid blaming yourself or others. Find a helpful way forward

## Optimistic October - Day 12 Wednesday

Look out for positive news and reasons to be cheerful today

## Optimistic October - Day 13 Thursday

Ask for help to overcome an obstacle you are facing

## Optimistic October - Day 14 Friday

Do something constructive to improve a difficult situation

## Optimistic October - Day 15 Saturday

Thank yourself for achieving the things you often take for granted

## Optimistic October - Day 16 Sunday

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

## Optimistic October - Day 17 Monday

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

## Optimistic October - Day 18 Tuesday

Set hopeful but realistic goals for the days ahead

## Optimistic October - Day 19 Wednesday

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

## Optimistic October - Day 20 Thursday

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

## Optimistic October - Day 21 Friday

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

## Optimistic October - Day 22 Saturday

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

## Optimistic October - Day 23 Sunday

Recognise that you have a choice about what to prioritise

## Optimistic October - Day 24 Monday

Write down three specific things that have gone well recently

## Optimistic October - Day 25 Tuesday

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

## Optimistic October - Day 26 Wednesday

Find a new perspective on a problem you face

## Optimistic October - Day 27 Thursday

Be kind to yourself today. Remember, progress takes time

## Optimistic October - Day 28 Friday

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

## Optimistic October - Day 29 Saturday

Plan a fun or exciting activity to look forward to

## Optimistic October - Day 30 Sunday

Identify three things that give you hope for the future

## Optimistic October - Day 31 Monday

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