# Action Calendar – Optimistic October 2025

## Optimistic October - Day 1 Wednesday

Write down three things you can look forward to this month

## Optimistic October - Day 2 Thursday

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

## Optimistic October - Day 3 Friday

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

## Optimistic October - Day 4 Saturday

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

## Optimistic October - Day 5 Sunday

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

## Optimistic October - Day 6 Monday

Remind yourself that things can change for the better

## Optimistic October - Day 7 Tuesday

Look for the good in people around you today

## Optimistic October - Day 8 Wednesday

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

## Optimistic October - Day 9 Thursday

Share an important goal with someone you trust

## Optimistic October - Day 10 Friday

Take time to reflect on what you have accomplished recently

## Optimistic October - Day 11 Saturday

Avoid blaming yourself or others. Find a helpful way forward

## Optimistic October - Day 12 Sunday

Look out for positive news and reasons to be cheerful today

## Optimistic October - Day 13 Monday

Ask for help to overcome an obstacle you are facing

## Optimistic October - Day 14 Tuesday

Do something constructive to improve a difficult situation

## Optimistic October - Day 15 Wednesday

Thank yourself for achieving the things you often take for granted

## Optimistic October - Day 16 Thursday

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

## Optimistic October - Day 17 Friday

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

## Optimistic October - Day 18 Saturday

Set hopeful but realistic goals for the days ahead

## Optimistic October - Day 19 Sunday

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

## Optimistic October - Day 20 Monday

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

## Optimistic October - Day 21 Tuesday

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

## Optimistic October - Day 22 Wednesday

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

## Optimistic October - Day 23 Thursday

Recognise that you have a choice about what to prioritise

## Optimistic October - Day 24 Friday

Write down three specific things that have gone well recently

## Optimistic October - Day 25 Saturday

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

## Optimistic October - Day 26 Sunday

Find a new perspective on a problem you face

## Optimistic October - Day 27 Monday

Be kind to yourself today. Remember, progress takes time

## Optimistic October - Day 28 Tuesday

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

## Optimistic October - Day 29 Wednesday

Plan a fun or exciting activity to look forward to

## Optimistic October - Day 30 Thursday

Identify three things that give you hope for the future

## Optimistic October - Day 31 Friday

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