| 1 | Do something kind for someone you really care about |
| 2 | Focus on what you can do rather than what you can't do |
| 3 | Take a step towards an important goal, however small |
| 4 | Send your friend a photo from a time you enjoyed together |
| 5 | Let someone know how much they mean to you and why |
| 6 | Look for people doing good and reasons to be cheerful |
| 7 | Make a list of what matters most to you and why |
| 8 | Set yourself a kindness mission to help others today |
| 9 | What values are important to you? Find ways to use them today |
| 10 | Be grateful for the little things, even in difficult times |
| 11 | Look around for things that bring you a sense of awe and wonder |
| 12 | Listen to a favourite piece of music and remember what it means to you |
| 13 | Find out about the values or traditions of another culture |
| 14 | Get outside and notice the beauty in nature |
| 15 | Do something to contribute to your local community |
| 16 | Show your gratitude to people who are helping to make things better |
| 17 | Find a way to make what you do today meaningful |
| 18 | Send a handwritten note to someone you care about |
| 19 | Reflect on what makes you feel valued and purposeful |
| 20 | Share photos of 3 things you find meaningful or memorable |
| 21 | Look up at the sky. Remember we are all part of something bigger |
| 22 | Find a way to help a project or charity you care about |
| 23 | Recall three things you've done that you are proud of |
| 24 | Make choices that have a positive impact for others today |
| 25 | Ask someone else what matters most to them and why |
| 26 | Remember an event in your life that was really meaningful |
| 27 | Focus on how your actions make a difference for others |
| 28 | Do something special and revisit it in your memory tonight |
| 29 | Today do something to care for the natural world |
| 30 | Share a quote you find inspiring to give others a boost |
| 31 | Find three reasons to be hopeful about the future |