

Meaningful May 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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 hand-written 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



ACTION FOR HAPPINESS

Happier • Kinder • Together