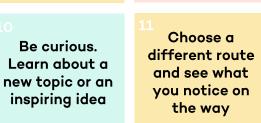
MONDAY Get outside and observe the changes in nature around you Be curious. Learn about a



TUESDAY

Sign up to join

a new course,

activity or online

community

Connect with someone from a different generation

Join a friend doing their hobby and find out why they love it

Discover your artistic side. Design a friendly greeting card

Look for new reasons to be hopeful, even in tough times

THURSDAY



Try out a new way of being physically active



FRIDAY

Be creative. Cook, draw. write, paint, make or inspire

Make a list of new things you want to do this month

SATURDAY

Respond to a difficult situation in a different way

SUNDAY

Plan a new activity or idea you want to try out this week

When you feel you can't do something, add the word "yet"

Find out something new about someone you care about

Change

your normal

routine today

and notice how

you feel

WEDNESDAY

Do something playful outdoors - walk, run. explore, relax

Find a new way to help or support a cause you care about

Build on new ideas by thinking "Yes, and what if..."

Look at life through someone else's eyes and see their perspective

Try a new way to practice selfcare and be kind to yourself

inspiring idea

Broaden your perspective: read a different paper, magazine or site

Make a meal using a recipe or ingredient you've not tried before

Learn a new skill from a friend or share one of yours with them

Find a new way to tell someone you appreciate them

Set aside a regular time to pursue an activity you love

Share with a friend something helpful you learned recently

Use one of your strengths in a new or creative way

Try out a different radio station or new TV show

Enjoy new music today. Play, sing, dance or listen

