Optimistic October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Write down three things you can look forward to this month	**2** Find something to be optimistic about (even if it's a difficult time)	**3** Take a small step towards a goal that really matters to you	**4** Start your day with the most important thing on your to-do list	**5** Be a realistic optimist. See life as it is, but focus on what's good	**6** Remind yourself that things can change for the better
7 Look for the good in people around you today	**8** Make some progress on a project or task you have been avoiding	**9** Share an important goal with someone you trust	**10** Take time to reflect on what you have accomplished recently	**11** Avoid blaming yourself or others. Find a helpful way forward	**12** Look out for positive news and reasons to be cheerful today	**13** Ask for help to overcome an obstacle you are facing
14 Do something constructive to improve a difficult situation	**15** Thank yourself for achieving the things you often take for granted	**16** Put down your to-do list and do something fun or uplifting	**17** Take a small step towards a positive change you want to see in society	**18** Set hopeful but realistic goals for the days ahead	**19** Identify one of your positive qualities that will be helpful in the future	**20** Find joy in tackling a task you've put off for some time
21 Let go of the expectations of others and focus on what matters to you	**22** Share a hopeful quote, picture or video with a friend or colleague	**23** Recognise that you have a choice about what to prioritise	**24** Write down three specific things that have gone well recently	**25** You can't do everything! What are your three priorities right now?	**26** Find a new perspective on a problem you face	**27** Be kind to yourself today. Remember, progress takes time
28 Ask yourself, will this still matter a year from now?	**29** Plan a fun or exciting activity to look forward to	**30** Identify three things that give you hope for the future	**31** Set a goal that brings a sense of purpose for the coming month			

ACTION FOR HAPPINESS

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