



ACTION CALENDAR: OPTIMISTIC OCTOBER 2018



MONDAY

1 Write down your most important goals for this month

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

15 Let go of the expectations of others and focus on what matters

22 Set hopeful but realistic goals for the week ahead

29 Start the week by visualising your hopes for the future

TUESDAY

2 Do something constructive to improve a difficult situation

9 Look for the good intentions in people around you today

16 Share your most important goals with people you trust

23 Write down 3 specific things that have gone well recently

30 Find a new perspective on a problem you face

WEDNESDAY

3 Think of 3 things that give you hope for the future

10 Start your day with the most important thing on your list

17 Do something to overcome an obstacle you are facing

24 Share an inspiring idea with a loved one or colleague

31 Remember that things can change for the better

THURSDAY

4 Set a goal that links to your sense of purpose in life

11 Reframe a problem you face as a potential opportunity

18 Look out for positive news and reasons to be cheerful today

25 Recognise that you have a choice about what to prioritise

FRIDAY

5 Focus on a positive change that you want to see in society

12 Avoid blaming yourself or others. Just find the best way forward

19 Thank yourself for achieving the things you often take for granted

26 Plan a fun or exciting activity to look forward to

SATURDAY

6 Take the first step towards a goal that really matters to you

13 Take time to reflect on what you have achieved this week

20 Find the joy in completing a task you've put off for some time

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

SUNDAY

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

14 Make a list of things that you are looking forward to

21 Be kind to yourself today. Remember, progress takes time

28 Put down your To-Do list and let yourself be spontaneous

"You are never too old to set a new goal or dream a new dream" ~ Anon

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