

January 2018 Challenge Options:

HAPPY NEW YEAR CALENDAR - JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find three good things to look forward to this year	2 Look for the good in others and notice their strengths	3 Do three extra acts of kindness for other people	4 Make time today to do something kind for yourself	5 Say something positive to everyone you meet today	6 Do an extra 15 minutes of physical activity (ideally outdoors)	7 Write down ten things you feel grateful for in life and why
8 Go to bed an hour earlier than normal	9 Take ten minutes to sit still and just breathe	10 Use one of your personal strengths in a new way	11 Learn something new and share it with others	12 Ask other people about things they've enjoyed recently	13 Thank three people you're grateful to and tell them why	14 Get back in contact with an old friend you miss
15 Make something happen for a good cause	16 Take a different route today and see what you notice	17 Put a worry into perspective and try to let it go	18 Get outside and notice five things that are beautiful	19 Eat healthy food which really nourishes you today	20 Have a friendly chat with a stranger	21 Switch off all your tech 2 hours before bedtime
22 Be kinder to yourself when you make mistakes	23 Take a small step towards an important goal	24 Try out something new to get out of your comfort zone	25 Decide to lift people up rather than put them down	26 Say hello to a neighbour and get to know them better	27 Today do something fun (ideally with others)	28 Put away your devices and focus fully on who you're with
29 Challenge your negative thoughts and look for the upside	30 Count how many people you smile at today	31 Write down your dreams and plans for the future	<p>"Happiness is not something ready made. It comes from your own actions" - Dalai Lama</p>			

ACTION FOR HAPPINESS www.actionforhappiness.org

Option 1: Complete the January 2018 "Action for Happiness Calendar"

Modification – Please contact Wellness Coordinator



Option 2: Include a green vegetable or fruit with at least two meals, four days of the week, for the entire month on January 2018

Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!