



ACTION CALENDAR: OPTIMISTIC OCTOBER 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Choose to be optimistic.
It feels better" - Dalai Lama



1 Write down your most important goals for this month

2 Look for reasons to be hopeful even in difficult times

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

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

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

6 Do something constructive to improve a difficult situation

7 Remember that things can change for the better

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

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

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

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

12 Look for the good intentions in people around you today

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

14 Do something to overcome an obstacle you are facing

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

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

17 Share your most important goals with people you trust

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

19 Set hopeful but realistic goals for the week ahead

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

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

22 Share an inspiring idea with a loved one or colleague

23 Write down 3 specific things that have gone well recently

24 Recognise that you have a choice about what to prioritise

25 Plan a fun or exciting activity to look forward to

26 Start the week by writing down your top priorities & plans

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

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

29 Find a new perspective on a problem you face

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

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



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/optimistic-october

Keep Calm · Stay Wise · Be Kind