

January – Wellbeing Calendar

Try to aim to do at least 5 of the ideas on the calendar!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Give someone a hug or compliment 	2 Let someone in front of you in line 	3 Buy a friend or colleague coffee 	4 Hold the door open for someone 	5 Give a friend or loved one your full attention 	6 Go for a long walk with family 
7  Tell a joke to make someone smile	8  Do something kind for yourself	9  Hide a happy note for someone to find	10  Donate unwanted books to charity	11  See how many different people you can smile at today	12  Get in touch with an old friend or relative	13  Let a car in front of you in traffic
14  Write or send a thank you note to someone	15  Smile & thank someone who serves you	16  Give kind comments to five people	17  Try something new for lunch	18  Leave work early and relax	19  Try a new exercise class	20  Invite friends for a catch up.
21  List all the positive things ahead this week	21  Cook your favourite meal	22  Give someone some advice	23  Try to have a meal out from home	24  Spend some time outside	25  Go shopping and treat yourself	26  Start a book you've always wanted to read
27  Give at least one person a hug today	28  Smile at people in the corridor	29  Learn a new joke or skill	30  Make someone laugh	31  Reflect on the positives of the month		