



ACTION CALENDAR: MEANINGFUL MAY 2019



MONDAY

"We can change the world"

~ Nelson Mandela



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 What are your most important values? Use them today

7 Go on a kindness mission. Give your time to help others today

8 Tell someone about why your favourite music means a lot to you

9 Pay special attention today to the people you cherish most

10 Find out about the values and traditions of another culture

11 Do something to help a project or charity you care about

12 Visit a location that you find inspiring and meaningful

13 Find a way to craft your work activity to give it more meaning

14 Recall three things you've done that you are really proud of

15 Look for opportunities to be a good citizen of the world today

16 Share an inspiring quote with someone that matters to you

17 Gaze up at the stars and see that we are part of something bigger

18 Connect with people who matter to you (face-to-face if possible)

19 Today do something that makes your soul sing

20 Think about how your actions make a difference in the world

21 Ask a loved one or colleague what matters most to them in life

22 Support a cause that stands for something you believe in

23 Reflect on what makes you feel really valued and appreciated

24 Notice all the amazing wonders in the world around you today

25 Find out how to get involved in a group in your local community

26 Do something special today and revisit it in your memory tonight

27 Link today's choices and decisions to your purpose in life

28 Today do something to care for the planet

29 Tell someone about 3 events in your life that were really meaningful

30 What do you want to change in the world? Do something today

31 Take the AfH pledge: to create more happiness in the world



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys