

Wellbeing Action Calendar

Insert month here:

1 Take time to ask someone how they are

2 Do something that makes you happy

3 Say one nice/positive thing to someone today

4 Make a plan to meet someone dear to you

5 Do a random act of kindness for someone today

6 Tell someone important how much they mean to you

7 Go for a walk

8 Be nice to someone today

9 Set a good example today

10 Give a compliment

11 Thank people

12 Offer hugs to your loved ones and friends

13 Smile at someone today

14 Write down 3 things you are grateful for

15 Go for a 30 minute walk

16 Meditate: Sit, relax, focus on breathing

17 Take time to check in on someone today

18 Spend time in nature

19 Try a new activity today

20 Laugh

21 Draw or paint a picture

22 Sit in the sun for five minutes

23 List 3 things you like about yourself

24 Enjoy a sunset or sunrise

25 Introduce yourself to someone new

26 Drink a glass of water before each meal

27 Write a poem

28 Clean out a cluttered drawer

29 Do something you love

30 Send a nice text message to someone

31 Take a photo of something nice

