MONDAY TUESDAY

Start your day with the most important thing on your to-do list

Avoid

blaming yourself

or others. Find

a helpful way

forward

Set hopeful

but realistic

goals for the

week ahead

18

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

Look out

for positive

news and

reasons to be

cheerful today

Identify one

of your positive

qualities that

will be helpful

in the future

Remind yourself that things can change for the better

Ask for help

to overcome

an obstacle

you are facing

Find joy in

tackling a task

vou've put off

for some time

WEDNESDAY

Look for the good in people around you today

Do

something

constructive

to improve

a difficult

Let go of the

expectations

of others and

focus on what

matters to you

14

Thank yourself for achieving the

things you often take for granted

FRIDAY

Make some

progress on a

project or task

you have been

avoiding

Share a hopeful quote, picture or video with a friend or

Recognise that you have a choice about what to colleague prioritise

30

Write down three specific things that have gone well recently

You can't do everything! What are your three priorities this week?

26 Find a new perspective on a problem you face

Be kind to yourself today. Remember. progress takes time

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

Plan a fun or exciting activity to look forward to

Identify three things that give you hope for the future

Set a goal that brings a sense of coming mont

THURSDAY



Write down three things you can look forward to this month

Find something to be optimistic about (even if it's a difficult time)

Share an

important goal

with someone

you trust

SATURDAY

Take time to reflect on what you have accomplished

this week

SUNDAY

Take a small

step towards a

goal that really

matters to you

Put down your to-do list and do something fun or uplifting

Take a small step towards a positive change you want to see in society



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purpose for the



