ACTION CALENDAR: MEANINGFUL MAY 2020

“Start Where You Are. Use What You Have. Do What You Can” ~ Arthur Ashe

MONDAY
4 Focus on what you can do rather than what you can’t do
11 What are your most important values? Use them today
18 Hand-write a note to someone you love and send them a photo of it.
25 Give your time to help a project or charity you care about.

TUESDAY
5 Send friends a photo of a time you all enjoyed together
12 Be grateful for the little things, even in difficult times
19 Find a way to craft what you are doing to give it more meaning
26 Recall three things you’ve done that you are really proud of.

WEDNESDAY
6 Take a step towards one of your life goals, however small
13 Today do something to care for the natural world
20 Reflect on what makes you feel really valued and appreciated
27 Today link your decisions and choices to your purpose in life

THURSDAY
7 Let someone you love know how much they mean to you
14 Show your gratitude to people who are helping to make things better
21 Share photos of 3 things you find meaningful or memorable
28 Tell someone about an event in your life that was really meaningful

FRIDAY
1 Take a minute to remember what really matters to you and why
2 Do something meaningful for someone you really care about
8 Set yourself a kindness mission. Give your time to help others
15 Find out about the values and traditions of another culture

SATURDAY
3 Reconnect with nature today, even if you’re stuck indoors
9 Look out for positive news and reasons to be cheerful today
16 Look around you and notice five things you find meaningful
22 Ask a loved one or colleague what matters most to them and why

SUNDAY
10 Tell someone about why your favourite music means a lot to you
17 Take a positive action to help in your local community
23 Share an inspiring quote with others to give them a boost
24 Do something special today and revisit it in your memory tonight

ACTION FOR HAPPINESS
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