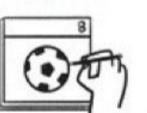
MONDAY



TUESDAY

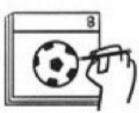
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY





Make a list of new things you want to do this month

Respond to a difficult situation in a different way and observe

Sign up to join a new course. activity or online community

Change your normal routine today and notice how you feel

Try out a new way of being physically active

Cook, draw,

Plan a new activity or idea you want to try out this week

When you feel you can't do something, add the word "yet"

Be curious. Learn about a new topic or an inspiring idea

Choose a and see what the way

Find out something new about someone you care about

Do something playful outdoors - walk, run. explore, relax

Find a new way to help or support a cause you care about

Build on and what if...

Look at life through someone else's eyes and see their perspective

Try a new way to practice selfcare and be kind to yourself

Connect with someone from a different generation

a different paper

Make a meal using a recipe or ingredient you've not tried before

Learn a new skill from a friend or share one of yours with them

Find a new way to tell someone you appreciate them

Set aside to pursue an

Share with a friend something helpful you learned recently 25 Use one of your strengths in a new or creative way

Try out a different radio station or new TV show



friend doing their hobby and

Discover your artistic side. Design a friendly greeting card 29 Enjoy new music today. Play, sing. dance or listen

Look for new reasons to be hopeful, even in tough times









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