



ACTION CALENDAR: MEANINGFUL MAY 2018



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

2 Do something meaningful for someone you really care about

3 Share photos of 3 things you find meaningful or memorable today

4 Take interest in people who are older, younger or different to you

5 Get outside. Look at the sky & feel connected to the natural world

6 Choose one of your life goals and take a step towards it

7 What are your most important values? Use them today

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

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

10 Pay special attention today to the people you cherish most

11 Find out about the values and traditions of another culture

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

13 Visit a location that you find inspiring and meaningful

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

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

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

17 Share an inspiring quote with someone that matters to you

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

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

20 Today do something that makes your soul sing

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

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

23 Support a cause that stands for something you believe in

24 Reflect on what makes you feel really valued and appreciated

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

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

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

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

29 Today do something to care for the planet

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

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

"Act as if what you do makes a difference. It does" - William James



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