



30 Days of Happiness Calendar

1 Do a random act of kindness for someone.	2 Buy yourself flowers.	3 Listen to music.	4 Plant a garden.	5 Try a new exercise.
6 Do a one-day news fast.	7 Sign up for a new online course, lecture, or concert.	8 Complete a meditation.	9 Do something artistic – color, build, paint, sing.	10 Go outside and explore nature.
11 Look at pictures of your favorite place.	12 Read some fiction.	13 Give a sincere compliment to someone.	14 Take 5 minutes to just breathe.	15 Remove clutter from your desk.
16 Say thank you to the people who support you.	17 Volunteer.	18 Take a walk in your local park or neighborhood.	19 Enjoy a picnic outdoors.	20 Write down three things you do well.
21 Enjoy a comedy.	22 Take a day trip and explore around you.	23 Write down five things you are grateful for.	24 Take five-minutes to sit and be still.	25 Call a friend and catch up.
26 Dance.	27 Enjoy your favorite meal.	28 Get dressed up even if you have nowhere to go.	29 Write about your dream vacation.	30 Reflect on how you felt this month.

Happiness is not something readymade ... it comes from your own actions

— Dalai Lama