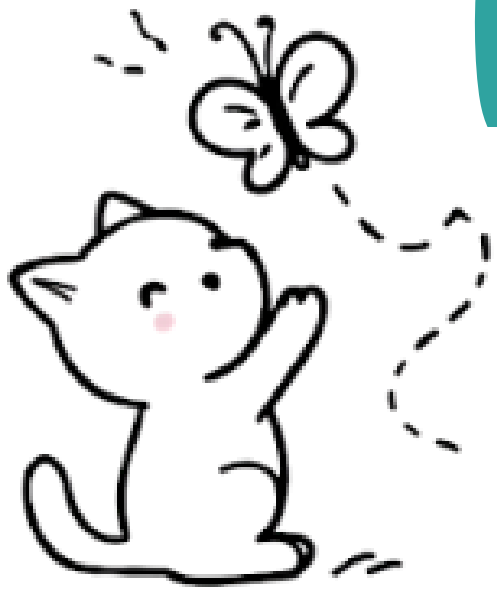




SEPTEMBER 2025



Happiness in practice:
Lifelong learning keeps
our inner energy alive.



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Find time to take care of yourself: it's not being selfish, it's essential	2 Focus on the things you do well, no matter how small they may be.	3 Put aside self-criticism and speak kindly to yourself.	4 Plan a fun or relaxing activity and make time for it.	5 Forgive yourself when things go wrong. Everyone makes mistakes.	6 Focus on the basics: eat well, exercise, and go to bed on time.
7 Give yourself permission to say "no"	8 Be willing to share how you feel and to ask for help when you need it.	9 Aim to do things well, instead of doing them perfectly.	10 When things get tough, remember that it's okay not to be okay.	11 Make time to do something you really enjoy.	12 Do outdoor activities that give a natural boost to your body and mind	13 Be as kind to yourself as you would be to a loved one
14 If you're busy, allow yourself to pause and take a break.	15 Find a kind and reassuring phrase to say to yourself when you feel bad	16 Leave positive messages where you can see them frequently	17 Day without plans: take time to do things slowly and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you.	19 Observe what you feel, without judging it.	20 Enjoy the photos from a time that brings back happy memories
21 Don't compare how you feel inside to how others look on the outside.	22 Go slowly. Find time to breathe and be calm.	23 Let go of other people's expectations of you.	24 Accept yourself and remember that you are worthy of love	25 Avoid saying "should" and dedicate time to doing nothing.	26 Find a new way to apply one of your strengths or talents	27 Free up time by canceling any unnecessary plans.
28 Decide to see your mistakes as steps that help you learn	29 Write down three things you appreciate about yourself.	30 Remind yourself that you are valuable, just as you are.				






OCTOBER 2025



Happiness in practice:
Gratitude helps us recognize the value of each day.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Write down three things that excite you this month.	2 Find something to be optimistic about, even if you're going through a tough time.	3 Take a small step towards a goal that truly matters to you.	4 Start your day with the most important items on your to-do list.
5 Be optimistic, realistic. See life as it is, but focus on what's good.	6 Remind yourself that things can change for the better	7 Today, look for good intentions in the people around you.	8 Make progress on a project or task you've been avoiding.	9 Share an important goal with someone you trust.	10 Take some time to reflect on what you have accomplished this week	11 Try not to blame yourself or others. Look for ways to move forward.
12 Today, look for positive news and reasons to be happy.	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving things you often take for granted.	16 Put your to-do list aside and do something fun or uplifting.	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the next few days
19 Identify one of your positive qualities that will be useful to you in the future	20 Feel the joy of completing a task you have postponed for some time.	21 Put aside other people's expectations and focus on what's important	22 Share an uplifting quote, image, or video with a friend or colleague.	23 Be aware that you can choose what to prioritize.	24 Write down three specific things that have gone well for you recently.	25 You can't do it all! What are your top three priorities right now?
26 Find a new way of looking at a problem you're facing	27 Be kind to yourself. Remember that improvement takes time.	28 Ask yourself if this will still be important in a year.	29 Plan a fun or interesting activity that you're excited about.	30 Think of three things that give you hope for the future	31 Set yourself a goal that inspires you and gives meaning to the next month.	





NOVEMBER 2025



Happiness in practice:
Strong communities are built on empathy and collaboration

SUN

MON

TUE

WED

THU

FRI

SAT



						1 Make a list of the new things you want to do this month
2 Respond to a difficult situation in a different way	3 Go outside and observe the changes in nature around you	4 Sign up for a new course, activity, or online community	5 Change your usual routine today and see how you feel	6 Try a new way to be physically active	7 Be creative: cook, draw, write, paint, make, or inspire	8 Plan a new activity or idea that you want to try this week.
9 When you feel you can't do something, add the word "yet".	10 Be curious: learn about a new topic or an inspiring idea	11 Choose a different route and pay attention to what you observe along the way.	12 Discover something new about someone you care about	13 Go outside and do something fun: walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build new ideas by thinking "Yes, what if..."
16 Look at life through someone else's eyes and observe their point of view	17 Try a new way of practicing self-care and be kind to yourself.	18 Connect with someone from another generation	19 Broaden your perspective: read a different newspaper, magazine, or website	20 Make a meal with a recipe or ingredient you haven't tried before.	21 Learn a new skill from a friend or share one of yours with him/her	22 Find a new way to tell someone you appreciate them.
23 Set aside a specific time to do an activity you enjoy.	24 Share something useful you've recently learned with a friend.	25 Use one of your strengths in a new or creative way	26 Try a different radio station or a new television program	27 Practice your hobby with a friend and discover why they enjoy it so much	28 Discover your artistic side: design your own greeting cards!	29 Enjoy new music. Play, sing, dance, or listen
30 Find new reasons to have hope even in difficult times.						





DECEMBER 2025



Happiness in practice:
Looking back on the path we've traveled reminds us of everything we've learned.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Encourage people to practice kindness. Share this calendar with others.	2 Get in touch with someone you can't be with to see how they are doing.	3 Offer to help someone who is currently having difficulties	4 Support a charity, cause, or campaign that you truly care about.	5 Give a gift to someone who is homeless or lonely.	6 Leave a positive message for someone else to find.
7 Make kind comments to as many people as possible.	8 Do something useful for a friend or family member	9 Notice when you're being hard on yourself or others, and instead, be kind.	10 Listen to others with all your heart without judging them.	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love, or kindness today.	13 Notice how many different people you are able to smile at.
14 Share a happy memory or an inspiring thought with a loved one	15 Say hello to your neighbor and brighten their day!	16 Find something positive to say to everyone you talk to.	17 Practice gratitude. List the kind things others have done for you.	18 Ask for help and let someone else discover the joy of giving.	19 Get in touch with someone who may be lonely or feeling isolated.	20 Help others by giving away something you don't need
21 Appreciate kindness and thank the people who do things for you.	22 Congratulate someone on an achievement that might otherwise go unnoticed	23 Make a point of giving or receiving the gift of forgiveness.	24 Bring joy to others. Share something that made you laugh.	25 Treat everyone with kindness, including yourself!	26 Go outside. Pick up trash or do something good for nature	27 Call a family member who lives far away to say hello or chat with them.
28 Be kind to the planet. Eat less meat and use less energy.	29 Turn off your digital devices and really listen to people.	30 Tell someone how much you appreciate them and why.	31 Plan new acts of kindness to do in 2026			





JANUARY 2026



Happiness in practice:
Every new beginning is an opportunity to cultivate well-being.



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Think of three good things you want for this year	2 Take some time to do something kind to yourself	3 Do something kind for someone and help brighten their day
4 Write a list of things you are grateful for in life and explain why	5 Focus on the good qualities of others and notice their strengths.	6 Take five minutes to sit quietly and simply breathe faith	7 Learn something new and share it with others	8 Say something positive to everyone you interact with today.	9 Get moving. Do some physical activity, preferably outdoors.	10 Thank someone you are grateful for and tell them why.
11 Turn off your electronic devices at least one hour before going to bed	12 Connect with someone close to you: share a smile or some conversation.	13 Take a different route and see what you discover.	14 Eat healthy foods that truly nourish you.	15 Go outside and observe five beautiful things	16 Make a positive contribution to your local community	17 Focus on the good things, even if today is a difficult day.
18 Be kind to yourself when you make mistakes	19 Reconnect with an old friend	20 Go to bed early and give yourself time to recharge your energy.	21 Try something new that will take you out of your comfort zone.	22 Think of something fun and invite others to do it together.	23 Put away your digital devices and focus on the present moment	24 Take a small step towards an important goal.
25 Aim to cheer people up, instead of making them feel bad	26 Choose one of your strengths and find a way to use it	27 Question your negative thoughts and look for the bright side of things	28 Ask other people about the things they have enjoyed lately.	29 Say hello to a neighbor and get to know them better.	30 Count how many people you can make smile today	31 Write down your dreams and future plans





FEBRUARY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1 Send someone a message to let them know you're thinking of them.	2 Ask a friend how they've been feeling lately	3 Do an act of kindness to make someone else's life easier	4 Invite a friend for tea (in person or virtually)	5 Make time to have a friendly chat with a neighbor	6 Reconnect with an old friend you haven't seen in a long time	7 When talking to other people, show active interest by asking questions
8 Share your feelings with someone you truly trust.	9 Thank someone and tell them how they have positively influenced your life.	10 Look for the good in others, especially when you feel frustrated with them.	11 Send an anonymous message to someone who is feeling down.	12 Resolve to be kind instead of focusing on being right	13 Smile at the people you meet and brighten their day	14 Tell a loved one or a friend why they are a special person to you
15 Thank yourself for achieving things you often take for granted.	16 Put your to-do list aside and do something fun or uplifting.	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the next few days.	19 Identify one of your positive qualities that will be useful to you in the future	20 Feel the joy of completing a task you have postponed for some time.	21 Put aside other people's expectations and focus on what's important
22 Support a local business with a positive review on social media or a friendly message.	23 Be kind to someone you feel inclined to criticize.	24 Talk to a loved one about the strengths you see in him/her	25 Thank three people you are grateful to and tell them why.	26 Dedicate uninterrupted time to your loved ones.	27 Call a friend to catch up and really listen to them.	28 Leave positive feedback for as many people as possible.

Happiness in practice:
Kindness, even in small gestures, can transform a day.





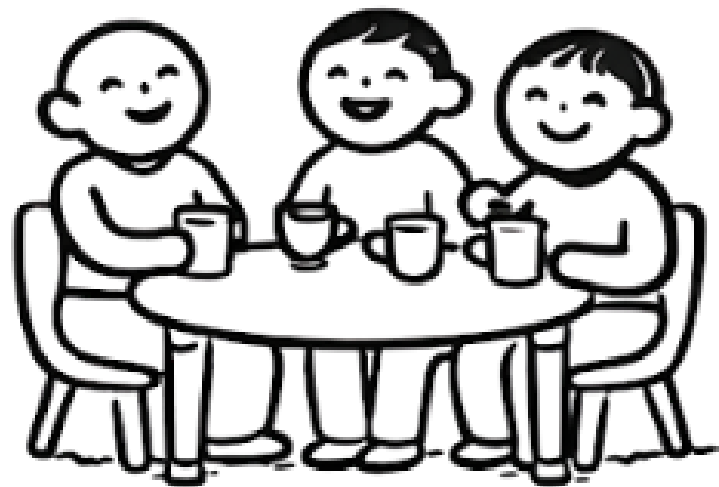
MARCH 2026



Happiness in practice:
Listening attentively is a profound way to connect with others.

SUN	MON	TUE	WED	THU	FRI	SAT
1 Resolve to live consciously and kindly	2 Observe your surroundings and discover five beautiful things	3 Start the day by being grateful for your body and the fact that you are alive.	4 Listen to your inner dialogue and try to use kind words.	5 Bring to mind the people you love and send them love	6 If you notice you're rushing, make an effort to slow down.	7 Take breaks throughout the day and breathe deeply three times
8 Eat mindfully, enjoying the flavor, texture, and aroma of the food.	9 Before responding to someone, take a deep breath.	10 Go outside and feel the coolness of the breeze, or the warmth of the sun on your skin	11 Enjoy the moment to the fullest while you have a cup of tea or coffee.	12 Listen to someone attentively and truly connect with what they are saying.	13 Take a moment to contemplate the sky or the clouds for a few minutes.	14 Find a way to enjoy any task or job you have to do.
15 Pause: breathe, observe, and repeat	16 Immerse yourself completely in a creative activity or one that sparks your interest.	17 Look around you and discover three curious or pleasant things.	18 Take a day to make no plans and see how you feel	19 Cultivate a feeling of kindness and love towards others	20 On the International Day of Happiness, focus on what makes you and others happy.	21 Listen to a piece of music without doing anything else.
22 Find something that's going well, even if the day is difficult.	23 Connect with your feelings without judging them or trying to change them.	24 Appreciate your hands and all they allow you to do	25 Focus your attention on the good things you usually take for granted.	26 Decide to reduce the amount of time you spend in front of a screen.	27 Appreciate the nature that surrounds you, wherever you are.	28 If you feel tired, take a break as soon as possible.
29 Choose a different path and see what you discover.	30 Do a mental scan of your body and notice how it feels	31 Discover joy in the little details of life				





**APRIL
2026**



Happiness in practice:
Curiosity opens paths to new ways of learning and growing.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 This month, commit to being more active starting today.	2 Spend as much time outdoors as possible.	3 Listen to your body and be grateful for what it can do	4 Eat healthy, natural foods and drink plenty of water
5 Turn an everyday activity into a fun game	6 Do a body scan meditation and pay close attention to how your body feels.	7 During the day, expose yourself to natural light; at night, dim the lights.	8 Stimulate your body by laughing or making someone else laugh	9 Turn your household chores into a fun form of exercise	10 Spend a day with less screen time and more movement	11 Set an exercise goal or sign up for an activity challenge
12 Move around as much as you can, even if you can't go out today.	13 Make sleep a priority and go to bed early	14 Relax your body and mind with yoga, tai chi, or meditation	15 Today, get active by singing, even if you think you can't sing!	16 Go out and explore your surroundings and observe new things.	17 Stay active outdoors. Pull weeds or plant some seeds.	18 Try a new exercise, activity, or dance class
19 Spend less time sitting down. Get up and move around more often.	20 Consider eating a rainbow of colorful vegetables	21 Throughout the day, take breaks to stretch and breathe.	22 Enjoy moving to the rhythm of your favorite music. Let loose!	23 Go out to run an errand for a loved one or neighbor	24 Stay active in nature. Feed the birds or go wildlife watching.	25 Spend a night without screens and use this time to recharge your batteries
26 Take an extra break and walk outside for about 15 minutes.	27 Find a fun exercise to do while you wait for the kettle to boil.	28 Meet up with a friend for a walk and a chat	29 Become an activist for a cause you truly believe in.	30 Make time to run, swim, dance, cycle, or stretch.		





**MAY
2026**



Happiness in practice:
Happiness blossoms when we share experiences and learning.



SUN MON TUE WED THU FRI SAT

					1 Do something kind for someone you truly care about	2 Focus on what you can do instead of what you can't do
3 Take a step towards an important goal, however small it may be	4 Send a friend a photo of a moment you had a good time together.	5 Tell someone how much they mean to you and why.	6 Seek out kind people and reasons to be happy	7 Make a list of the things that are important to you and think about why they are.	8 Set yourself the mission of doing something kind to help others	9 What values are important to you? Find ways to put them into practice.
10 Be grateful for the little things, even in difficult times	11 Look around you for things that amaze and delight you	12 Listen to a piece of music that you really like and remember what it means to you.	13 Learn about the values or traditions of another culture	14 Go outside and experience the beauty of nature.	15 Do something to contribute to your local community	16 Show your gratitude to the people who are helping to make things better.
17 Find a way to make what you do today meaningful.	18 Send a handwritten note to someone you care about.	19 Reflect on what makes you feel valued, and give meaning to your life.	20 Share three things that you find meaningful or valuable	21 Look at the sky. Remember that we are all part of something bigger.	22 Find a way to help a project or charitable action that interests you.	23 Think of three things you've done that you're proud of.
24 Make decisions that have a positive impact on others	25 Ask someone else what things are important to him/her and why.	26 Recall a very significant event in your life	27 Pay attention to how your actions directly affect others.	28 Do something special and reminisce about it tonight	29 Do something to take care of the natural world	30 Share a quote you find inspiring to motivate others
31 Find three reasons to be hopeful for the future						





**JUNE
2026**



Happiness in practice:
Taking time for what makes us feel good is also a way of taking care of ourselves.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Decide to focus on the good, every day this month	2 In your conversations with others, say positive things.	3 Reframe something that worries you, and try to find a helpful way of thinking about it.	4 Take a picture of something that brings you joy and share it	5 Think of three things you are grateful for and write them down	6 Go out into a green space and feel the joy that nature brings
7 Do something healthy that makes you feel good	8 Find joy in music: sing, play, dance, listen, or share	9 Ask a friend what has made them happy recently	10 Make others happy by doing something nice for them.	11 Eat a good meal that makes you happy and really savor it.	12 Write a thank you letter to express your gratitude to someone.	13 Smile at the people you meet and brighten their day
14 Share a happy memory with someone who means a lot to you	15 Look for something to be grateful for, where you least expect it	16 Speak to others in a warm and friendly manner	17 Take time to notice the things you find beautiful.	18 Look for something good in a difficult situation.	19 Go outside and find the joy of being active.	20 Rediscover and enjoy a fun childhood activity
21 Send a positive note to a friend who needs encouragement.	22 Watch something funny and enjoy how you feel when you laugh.	23 Create a playlist of songs that lift your spirits when you listen to them.	24 Bring to mind a favorite memory that you feel grateful for.	25 Show your appreciation to people who help others.	26 Make time to do something fun, just for the fun of it.	27 Be kind to yourself. Do something that brings you joy.
28 Observe how positive emotions spread among people	29 Share a friendly smile with the people you meet.	30 Make a list of the joys in your life, and keep adding more.				





**JULY
2026**



Happiness in practice:
Laughing together strengthens bonds and makes the journey easier.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Take a small step that will help you overcome a problem or worry.	2 Adopt a growth mindset. Change "I can't" to "I can't...yet."	3 Be willing to ask for help when you need it.	4 Think of something you're looking forward to.
5 Do the basics right: eat well, exercise, and go to bed early.	6 Pause, breathe, and feel your feet firmly on the ground	7 Change your mood by doing something you truly enjoy	8 Today, avoid telling yourself: "I have to", or "I should"	9 Consider a problem from a distance to gain a broader perspective.	10 Reach out to someone you trust and share your feelings with them.	11 Look for something positive in a difficult situation.
12 Write down the things that worry you and set aside "worry time" to think about them.	13 Question your negative thoughts. Look for an alternative interpretation.	14 Go outside and move around to help clear your mind	15 Set yourself an achievable goal and take the first step towards it	16 Find fun ways to distract yourself from useless thoughts	17 Use one of your strengths to overcome a difficulty	18 Put aside the small things and focus on the things that matter.
19 If you can't change it, change the way you think about it.	20 When things go wrong, pause and be kind to yourself.	21 Identify what helped you overcome a difficult moment in your life	22 Find three things that make you feel hopeful and write them down.	23 Remember that all feelings and situations pass with time.	24 Choose to see something good in what has gone wrong	25 Notice when you feel judged and be kind instead
26 Notice when you're about to overreact, and take a deep breath.	27 Write down three things you are grateful for, even if you've had a difficult day.	28 Think about what you can learn from a recent problem	29 Be a realistic optimist. Focus on what can go right.	30 Reach out to a friend, family member, or colleague for support.	31 Remember that we all go through difficult times sometimes: it's part of being human	





AUGUST 2026



Happiness in practice:
Rest is also part of well-being.

SUN	MON	TUE	WED	THU	FRI	SAT
						1 This month, resolve to be kind to others and to yourself.
2 Send a message of encouragement to someone you can't be with.	3 Be kind and understanding to everyone you interact with.	4 Ask someone how they feel and really listen to their answer	5 Take time to wish other people well and happiness.	6 Smile and be kind to the people you see today	7 Dedicate time to supporting a project or cause that interests you.	8 Prepare a tasty meal for someone who will appreciate it
9 Thank someone you are grateful to and tell them why.	10 Get in touch with someone who may be feeling lonely or worried.	11 Share an encouraging news story to inspire others.	12 Get in touch with a friend to let them know you're thinking of them.	13 No plans today! Be kind to yourself so you can be kind to others too.	14 Take action to be kind to nature and take care of our planet	15 If someone bothers you, be kind. Imagine how they must be feeling.
16 Give a carefully chosen gift to surprise someone	17 Find three things that make you feel hopeful and write them down.	18 Do something to make life easier for someone else	19 Be grateful for your meal and the people who made it possible.	20 Focus on the good things in everyone you meet today.	21 Donate things you don't use, clothes or food, to help a local charity	22 Give people the gift of your full attention
23 Share an article, book, or podcast that you found useful.	24 Forgive someone who hurt you in the past	25 Give your time, energy, or attention to help someone in need.	26 Find a way to "leave money for the next person" or to support a good cause	27 Notice if anyone is sad and try to cheer them up	28 Speak kindly to someone you don't know very well	29 Do something kind to help in your local community.
30 Give a gift to help those who don't have as much as you.	31 Share the "Happiness in Practice" website with others					

