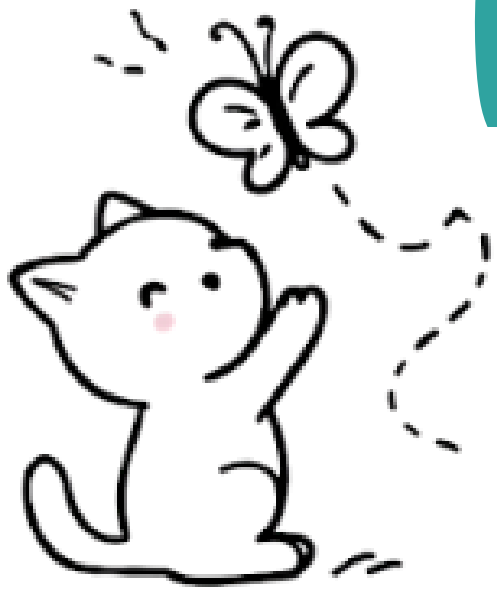




SEPTEMBER 2025



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			

