

HAPPINESS CALENDAR

FEBRUARY

SUN

MON

TUE

WED

THU

FRI

SAT

1

GO FOR A 30 MINUTES
WALK WITH FAMILY
MEMBERS, FRIENDS, OR
YOUR PETS!

2

WATCH THE SUNRISE OR
SUNSET

3

HAVE A CUP OF TEA

4

TALK TO SOMEONE YOU CARE
ABOUT ON THE PHONE

5

PET A DOG

6

PICK UP A PIECE OF LITTER

7

TRY A NEW FRUIT OR
VEGETABLE

8

PLAN AND COOK A MEAL
WITH PEOPLE YOU LOVE
AND ENJOY THE MEAL
TOGETHER!

9

READ A BOOK YOU HAVE
ALWAYS WANTED TO READ.

10

BE KIND TO YOURSELF WHEN
YOU STRUGGLE WITH YOUR
GOALS

11

KEEP WORK FROM TAKING
OVER YOUR LIFE, SET
BOUNDARIES

12

TRY TO MAKE SOMEONE LAUGH
TODAY

13

RECONNECT WITH AN OLD
FRIEND

14

MAKE AN EFFORT TO CONNECT
WITH PEOPLE WHO ARE
DIFFERENT FROM YOU

15

SET AN INTENTION FOR
THE DAY

16

GET UP 30 MINUTES EARLIER TO
STRETCH

17

LIST 5 THINGS YOU ARE
GRATEFUL FOR

18

MEDITATE

19

COLOR ON YOUR ADULT
COLORING BOOK

20

CLOSE YOUR EYES AND TAKE A
DEEP BREATH

21

EAT A PLANT-BASED MEAL

22

SPEND QUALITY TIME
WITH FRIENDS OR FAMILY

23

VOLUNTEER

24

WORK ON ARTS AND CRAFTS

25

TELL SOMEONE "I LOVE YOU"

26

PRACTICE GRATITUDE

27

READ TEN PAGES OF A BOOK

28

LEARN A NEW SKILL OR HOBBY