



Session 14

RECAP

So far we have learnt...

- ★ The importance of gratitude
- ★ Why talking can make a difference
- ★ The basics of mindfulness

Did anyone make any new year's resolutions? Why do people bother? Are these things easy to stick to?



The changes that can have the biggest impact on our overall well-being are changing the way we look at the world

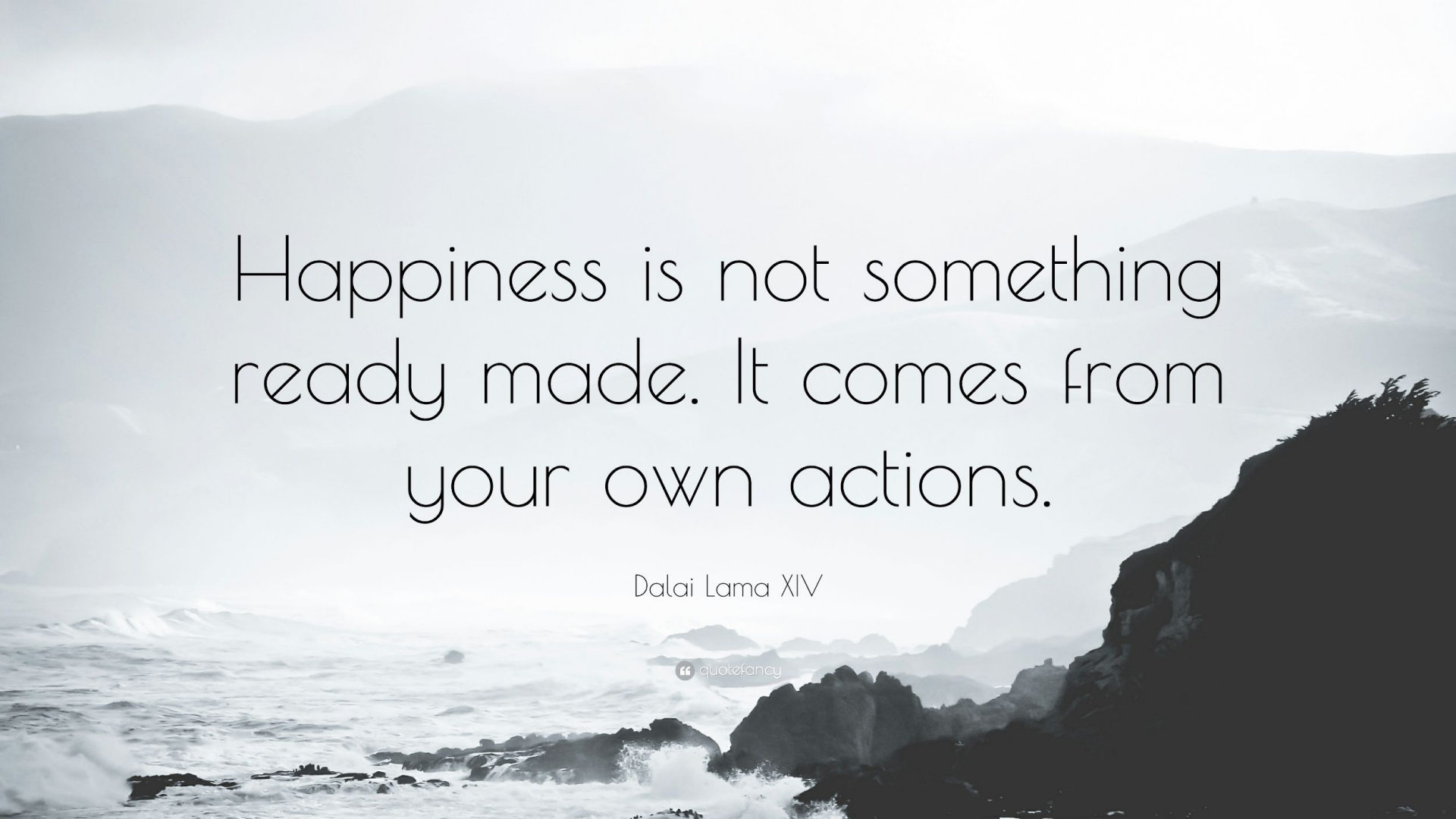


New Year,
New ~~You.~~ *Mindset*

Instead of new year's resolutions, think about things you would like to do this year, places you want to go and people you want to share the experiences with. Set some realistic ideas so you can actually achieve these things.

Share with a partner.





Happiness is not something
ready made. It comes from
your own actions.

Dalai Lama XIV

“ quote fancy

Action for happiness publish monthly calendars to help people to put actions into place to try and make themselves and others more happy.



HAPPY NEW YEAR CALENDAR - JANUARY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Happiness is not something ready made. It comes from your own actions" - Dalai Lama			1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Spread a bit of happiness by doing kind things for others	4 Write a list of things you feel grateful for in life and why
5 Get moving. Do something physically active (ideally outdoors)	6 Say something positive to everyone you meet today	7 Take ten minutes to sit still and just breathe	8 Look for the good in others and notice their strengths	9 Learn something new and share it with others	10 Thank three people you're grateful to and tell them why	11 Have a friendly chat with a stranger
12 Switch off all your tech 2 hours before bedtime	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Put a worry into perspective and try to just let it go	16 Get outside and notice five things that are beautiful	17 Eat healthy food which really nourishes you today	18 Make something happen for a good cause
19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone	23 Decide to lift people up rather than put them down	24 Today do something fun and invite others to join you	25 Put away your devices and focus fully on who you're with
26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Count how many people you can smile at today	29 Use one of your personal strengths in a new way	30 Ask other people about things they've enjoyed recently	31 Write down your hopes and plans for the future	



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

HEALTHY SCHOOLS CHALLENGE:

6 Say something positive to everyone you meet today

7 Take ten minutes to sit still and just breathe

8 Look for the good in others and notice their strengths

9 Learn something new and share it with others

10 Thank three people you're grateful to and tell them why

11 Have a friendly chat with a stranger

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Put a worry into perspective and try to just let it go

16 Get outside and notice five things that are beautiful


17 Eat healthy food which really nourishes you today

18 Make something happen for a good cause

Choose 2 of the challenges which are available for the next 2 weeks - you can decide which to try and on which day. You will receive bonus points for any extra challenges you manage to complete.

A person is seen from behind, looking out over a vast, scenic landscape. In the foreground, a calm lake reflects the surrounding environment. The middle ground is dominated by steep, rugged mountains with patches of green forest and snow. The sky is filled with soft, white clouds, and the overall lighting suggests a bright, clear day. The text is overlaid on the upper portion of the image.

May the year 2020 bring a fresh start,
new aspirations, and inspiring successes.
Walk with grace and achieve
greater heights!

 SayingImages.com