



ACTION CALENDAR: JUMP BACK JULY 2019



MONDAY

1 Make a list of things that you're looking forward to

8 Get the basics right - eat well, exercise and go to bed on time

15 Find fun ways to distract yourself from unhelpful thoughts

22 Make a list of 3 things that you feel hopeful about

29 Catch yourself over-reacting and take a deep breath

TUESDAY

2 Find an action you can take to overcome a problem or worry

9 When things get tough, say to yourself "this too shall pass"

16 Set yourself an achievable goal and make it happen

23 Remember that all feelings and situations pass in time

30 Ask for help from a friend, family member or colleague

WEDNESDAY

3 Adopt a growth mindset. Change "I can't" into "I can't... yet"

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

THURSDAY

4 Be willing to ask for help when you need it today (and always)

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgemental and be kind instead

FRIDAY

5 Avoid saying "must" or "should" to yourself today

12 When things go wrong, be compassionate to yourself

19 Write your worries down and save them for a specific 'worry time'

26 Identify what helped you get through a tough time in your life

SATURDAY

6 Put a problem in perspective and see the bigger picture

13 Challenge negative thoughts. Find an alternative interpretation

20 If you can't change it, change the way you think about it

27 Write down 3 things you're grateful for (even if today was hard)

SUNDAY

7 Shift your mood by doing something you really enjoy

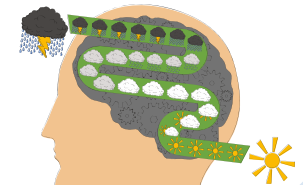
14 Go for a walk to clear your head when you feel overwhelmed

21 Ask yourself: "what's the best that can happen?"

28 Think about what you can learn from a recent challenge



We can't control what happens to us, but we can choose how we respond



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