

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



OCTOBER 2017

The Daily 3:
Gratitudes
Acts of Kindness
Moments of Silence

<p>2</p> <p>Wake up 30 minutes early</p>	<p>3</p> <p>Compliment a stranger</p>	<p>4</p> <p>Introduce two people who could help each other</p>	<p>5</p> <p>Eat a meal in silence</p>	<p>6</p> <p>Doodle</p>	<p>7</p> <p>Visit a farmers' market</p>	<p>1</p> <p>Take a moment to think of someone</p>
<p>9</p> <p>Stop and listen until the end of the song</p>	<p>10</p> <p>Have a conversation where you purposely listen more than you talk</p>	<p>11</p> <p>Complete one small irritating task</p>	<p>12</p> <p>Take a walk</p>	<p>13</p> <p>Hide a kind note for your future self</p>	<p>14</p> <p>Give someone a flower (it can be a simple picture)</p>	<p>8</p> <p>Call someone you haven't talked to in a long time</p>
<p>16</p> <p>Say yes</p>	<p>17</p> <p>Stop and count the number of things you can hear right now</p>	<p>18</p> <p>Donate (extra clothes, food, money or time)</p>	<p>19</p> <p>Have lunch with or write to a friend</p>	<p>20</p> <p>Send a thank you to an old teacher, boss, or coach</p>	<p>21</p> <p>Let someone go in line in front of you</p>	<p>15</p> <p>Sleep in</p>
<p>23</p> <p>Tell someone about your favorite movie</p>	<p>24</p> <p>List 3 things you like about yourself</p>	<p>25</p> <p>Smile at someone you don't know</p>	<p>26</p> <p>Walk or drive a different route</p>	<p>27</p> <p>Try to get someone to really laugh</p>	<p>22</p> <p>Listen to different music (turn the channel on the radio)</p>	<p>28</p> <p>Pick up a piece of litter</p>
<p>30</p> <p>Tell someone about one of your gratitudes</p>	<p>31</p> <p>Pick one thing to look forward to (big or small)</p>	<p>29</p> <p>Invite someone to join you</p>				

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