GORGE HAPPINESS MONTH

OCTOBER 2020

The Daily 3:
Gratitudes
Acts of Kindness
& Moments of Silence

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Do the 3 habits scientifically shown to make us happier and healthier (they really work!); Sign up for weekly emails of inspiration; Take one of the free online workshops; Joint the Facebook group; Spread the word to let other people know; Get happier. **www.GorgeHappiness.org**				1 ☐ **Go for a short silent walk** Virtual Kick Off Event*	2 ☐ **Tell a new joke**	3 ☐ **Get someone to do the daily 3 happiness habits**
4 ☐ **Pick a person or a goal to focus on this week** Focus:	5 ☐ **Say yes**	6 ☐ **Seek out a new free class or event** Make it Better Tuesdays*	7 ☐ **Tell someone what you like about them** Why Compassion is the Key*	8 ☐ **Complete one small irritating task**	9 ☐ **Listen to Music**	10 ☐ **Put a heart in your window**
11 ☐ **Reconnect with an old friend** Focus:	12 ☐ **Stop and count the number of things you can hear right now** Happiness Thru Generosity*	13 ☐ **Do someone else's chore** Make it Better Tuesdays*	14 ☐ **Send a thank you**	15 ☐ **Leave a kind note in an unlikely place**	16 ☐ **Pet a cat or dog** How to Boost Confidence*	17 ☐ **Take a nap**
18 ☐ **Make plans for something to look forward to** Focus:	19 ☐ **Have a conversation where you listen more than you talk**	20 ☐ **Look at the sky** The Happiness of Habits*	21 ☐ **Walk or drive a different route** Wildlife Inspiration*	22 ☐ **Sing and/or Dance** Strengths Based Happiness*	23 ☐ **Pick up 3 pieces of trash**	24 ☐ **Pick a good moment from the week and draw it**
25 ☐ **List 10 things you like about yourself** Focus:	26 ☐ **Post a gratitude on social media #gorgehappiness or tell a random person**	27 ☐ **Wave or nod at someone** Make it Better Tuesdays*	28 ☐ **Sit outside & watch wildlife** Monthly Happiness Group*	29 ☐ **Thank the first person you see**	30 ☐ **Compliment a stranger**	31 ☐ **Go back to fill in any not yet checked off**

*Event times, descriptions & registration at www.gorgehappiness.org/events2020

#gorgehappiness