



OCTOBER 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Do the 3 habits scientifically shown to make us happier and healthier (they really work!); Add to the public Gorge Happiness Facebook group; Spread the word to let other people know; Get happier.

www.GorgeHappiness.org

2	3	4	5	6	7	8
9	10	11	12	13	14	15
Focus:						
16	17	18	19	20	21	22
Focus:						
23	24	25	26	27	28	29
30	31					

Moments of Silence

Stop and count the number of things you can hear right now

Listen to Music

Take a nap

Sit outside & watch wildlife

Take 3 deep breaths

Look at the sky

MOVE

Sing and/or Dance

Go for a short silent walk

Mix Things Up

Complete one small irritating task

Say yes

Walk or drive a different route

Make plans for something to look forward to

Acts of Kindness

Leave a kind note in an unlikely place

Put a heart in your window

Do someone else's chore

Pick up 3 pieces of trash

Give a flower

Compliment a stranger

Give someone candy

Tell someone what you like about them

Take someone's cart back for them

Help someone carry their bags

Send a thank you

Pay it forward

Relive 3 good moments from the day

Connect

Have a conversation where you listen more than you talk

Tell a new joke

Pick a person or a goal to focus on this week

Reconnect with an old friend

Pet a cat or dog

Wave or nod at someone

Gratitudes

Pick a good moment from the week and draw it

Thank a teacher

List 10 things you like about yourself

Tell someone what you like about them

Send a thank you

Give a flower

Compliment a stranger

Give someone candy

Take someone's cart back for them

Help someone carry their bags

Pay it forward

Relive 3 good moments from the day

Have a conversation where you listen more than you talk

Tell a new joke

Pick a person or a goal to focus on this week

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