



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

<p>1 <input type="checkbox"/></p> <p>Go for a short silent walk</p>						
<p>2 <input type="checkbox"/></p> <p>Pick a person or a goal to focus on this week</p> <p>Focus:</p>	<p>3 <input type="checkbox"/></p> <p>Say yes</p>	<p>4 <input type="checkbox"/></p> <p>Tell a new joke</p>	<p>5 <input type="checkbox"/></p> <p>Tell someone what you like about them</p>	<p>6 <input type="checkbox"/></p> <p>Complete one small irritating task</p>	<p>7 <input type="checkbox"/></p> <p>Listen to Music</p>	<p>8 <input type="checkbox"/></p> <p>Put a heart in your window</p>
<p>9 <input type="checkbox"/></p> <p>Reconnect with an old friend</p> <p>Focus:</p>	<p>10 <input type="checkbox"/></p> <p>Stop and count the number of things you can hear right now</p>	<p>11 <input type="checkbox"/></p> <p>Do someone else's chore</p>	<p>12 <input type="checkbox"/></p> <p>Send a thank you</p>	<p>13 <input type="checkbox"/></p> <p>Leave a kind note in an unlikely place</p>	<p>14 <input type="checkbox"/></p> <p>Pet a cat or dog</p>	<p>15 <input type="checkbox"/></p> <p>Take a nap</p>
<p>16 <input type="checkbox"/></p> <p>Make plans for something to look forward to</p> <p>Focus:</p>	<p>17 <input type="checkbox"/></p> <p>Have a conversation where you listen more than you talk</p>	<p>18 <input type="checkbox"/></p> <p>Post a gratitude on social media #gorgehappiness or tell a random person</p>	<p>19 <input type="checkbox"/></p> <p>Walk or drive a different route</p>	<p>20 <input type="checkbox"/></p> <p>Sing and/or Dance</p>	<p>21 <input type="checkbox"/></p> <p>Pick up 3 pieces of trash</p>	<p>22 <input type="checkbox"/></p> <p>Pick a good moment from the week and draw it</p>
<p>23 <input type="checkbox"/></p> <p>Wave or nod at someone</p>	<p>24 <input type="checkbox"/></p> <p>Look at the sky</p>	<p>25 <input type="checkbox"/></p> <p>List 10 things you like about yourself</p>	<p>26 <input type="checkbox"/></p> <p>Sit outside & watch wildlife</p>	<p>27 <input type="checkbox"/></p> <p>Thank the first person you see</p>	<p>28 <input type="checkbox"/></p> <p>Compliment a stranger</p>	<p>29 <input type="checkbox"/></p> <p>Go back to fill in any not yet checked off</p>
<p>30 <input type="checkbox"/></p> <p>Make up your own</p>	<p>31 <input type="checkbox"/></p> <p>Give someone candy</p>					