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2 Spread kindness and share this calendar with others.	3 Create a vision board for the year, focusing on personal growth.	4 Compliment at least three people today. Spread positivity!	5 Write an appreciation note to someone who has inspired you.	6 Create a photo collage of memorable moments.	7 Volunteer your time or resources to a local charity.	8 Offer your help to a family member or neighbour.
9 Write down three of your unique qualities and strengths.	10 Make a list of your favorite inspirational quotes.	11 Connect with a distant friend or family member via video call.	12 Share wellness opportunities available to colleagues.	13 Embrace the Danish concept of 'Hygge'. LEARN MORE	14 Declutter and simplify your living space.	15 Create a cosy and contented atmosphere for yourself.
16 Educate yourself about a global issue.	17 Share information about the Global Goals (SDGs) with friends and family. LEARN MORE	18 Reduce your carbon footprint today.	19 Buy a new indoor plant or create a 'green space' at home.	20 Choose eco-friendly products. LEARN MORE	21 Learn about the land you live on.	22 Spend time outside today. Connect with nature.
23 Share an inspiring book, podcast, or resource with a friend. LEARN MORE	24 International Day of Education - Support quality education: back an organisation. LEARN MORE	25 Practice deep breathing or 5-minute meditation.	26 Explore the Japanese concept of Ikigai . LEARN MORE	27 Reflect on your passions, talents, values, and what brings you joy.	28 Take a break and do something you love.	29 Explore a new form of creative expression.
30 Write a kind note to yourself, acknowledging your strengths.	31 End the month with a random act of kindness.					

