




R W F L

CULTIVATING OPTIMISM

21 - DAY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Look for the good in people around you today	Find joy in a task that you have been putting off	Share a quote that inspires you with a friend or colleague	Write down with incredible detail - 5 things you are grateful for	Be kind to yourself today! Happiness is an inside job	Get outside in nature and enjoy it all 	Take time to reflect on the good things from the past week
Look at any challenges you may face today as opportunities	Add a post-it note on the bathroom mirror with a positive phrase or quote	Send a text or email to a friend or loved one, let them know they are special to you	Smile, that's right, show off those pearly whites	Dole out the compliments, they are free and never go out of style	Share an article, blog, or podcast that helped you with a friend	Spring clean-out a closet and donate to a charity
Forgive and forget; release a grudge or previous hurt	Talk to a stranger, that's right, chat it up with the cashier or a person in line	Practice those great manners; hold doors open, say 'please' and 'thank you'	Get outside and go for a walk; make it a family activity 	Go down happy memory lane, call an older relative and reminisce	Donate your time to a project or cause that is special to you	Share the 21-day Cultivating Optimism challenge with a friend

