

Happier January

The Ten Keys to Happier Living are evidence-based actions and attitudes that significantly impact overall wellbeing. They are divided into two groups, which together form the acronym GREAT DREAM.

GREAT: How we interact with the outside world:

- **Giving:** Do things for others. Caring for others is fundamental to happiness, as helping people makes us feel good too.
- **Relating:** Connect with people. Strong and broad social relationships are the most important contributor to a long, happy life.
- **Exercising:** Take care of your body. Our mind and body are connected; being active instantly improves mood and benefits mental health.
- **Awareness:** Live life mindfully. Stopping to notice the world around us helps us stay in tune with our feelings and manage stress.
- **Trying Out:** Keep learning new things. Continuous learning exposes us to new ideas and boosts self-confidence and resilience.

DREAM: How we approach life from within:

- **Direction:** Have goals to look forward to. Setting ambitious but realistic goals gives life a sense of purpose and accomplishment.
- **Resilience:** Find ways to bounce back. While we can't always choose what happens, we can learn skills to choose our response to setbacks.
- **Emotions:** Look for what's good. Focusing on positive emotions like gratitude and joy creates an "upward spiral" that builds inner resources.
- **Acceptance:** Be comfortable with who you are. Accepting ourselves, flaws and all, makes it easier to be happy and kind to others.
- **Meaning:** Be part of something bigger. People with a sense of purpose beyond themselves feel more content and in control.

For more details, you can explore the [full guide](#) or read the book [10 Keys to Happier Living](#) by Vanessa King.

Happier January 2026

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

