



# ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.  
Do What You Can" ~ Arthur Ashe**



**4** Focus on what you can do rather than what you can't do

**5** Send friends a photo of a time you all enjoyed together

**8** Take a step towards one of your life goals, however small

**7** Let someone you love know how much they mean to you

**1** Take a minute to remember what really matters to you and why

**2** Do something meaningful for someone you really care about

**3** Reconnect with nature today, even if you're stuck indoors

**11** What are your most important values? Use them today

**12** Be grateful for the little things, even in difficult times

**13** Today do something to care for the natural world

**14** Show your gratitude to people who are helping to make things better

**15** Find out about the values and traditions of another culture

**16** Look around you and notice five things you find meaningful

**17** Take a positive action to help in your local community

**18** Hand-write a note to someone you love and send them a photo of it

**19** Find a way to craft what you are doing to give it more meaning

**20** Reflect on what makes you feel really valued and appreciated

**21** Share photos of 3 things you find meaningful or memorable

**22** Ask a loved one or colleague what matters most to them and why

**23** Share an inspiring quote with others to give them a boost

**24** Do something special today and revisit it in your memory tonight

**25** Give your time to help a project or charity you care about

**26** Recall three things you've done that you are really proud of

**27** Today link your decisions and choices to your purpose in life

**28** Tell someone about an event in your life that was really meaningful

**29** Think about how your actions make a difference for others

**30** Find three good reasons to be hopeful about the future

**31** Look up at the sky. Remember we are all part of something bigger

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

**Keep Calm · Stay Wise · Be Kind**