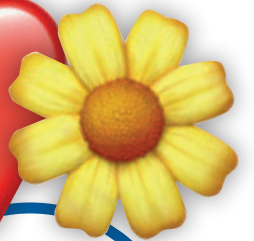


**28
DAY**

Positivity CALENDAR



Write down 5 things you are grateful for

Have a day without social media

Sort out your wardrobe. Put anything you haven't worn for a year into a bag for a charity shop.

Send a message to someone to tell them you are thinking of them

Tell someone you care about all the things you love about them

Wear your favourite outfit today. It doesn't matter if no-one will see you.

Draw a picture from a photograph.

Take 5 minutes to dance like no-one is watching

Have a relaxing bath with candles

Read a poem out loud

Eat whatever you like today and don't feel guilty

Get up early and watch the sun rise

Start a new book

Spend the day in a fresh pair of pyjamas

Write a letter to someone using pen and paper

Listen to a song that reminds you of your youth

Make a list of 10 things you want to achieve over the next 3 months

Spend a day without watching, reading or listening to the news

Google 'photos of baby animals'

When you get into bed, recall three positive things from the day

Listen to the birds, from your garden or window. Close your eyes and concentrate only on the sound.

Write down the last compliment someone gave you

Go to sleep without setting an alarm (make sure you have a free morning the next day!)

Pay someone a compliment

Change your bed linen. There's nothing like that 'clean sheet' feeling!

Make an online album of your favourite photos

Cook a meal from scratch

Clear out a kitchen cupboard