

SELF LOVE SOCIAL CLUB



"A person who never made a mistake never tried anything new."
—Albert Einstein.

Students know it's okay to make mistakes, so long as you pick yourself back up and try again.

Happier January 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

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



WHY TRY SOMETHING NEW?

Trying new things can be good for you in many ways, including:

Mental health

New things can help you feel happier and more rewarded by releasing dopamine, the feel-good chemical. It can also help you adapt to change, reduce stress, and create new brain connections.

Flexibility

New things can help you become more flexible and open to new opportunities. It can also help you break out of ruts and avoid becoming mentally or physically stagnant.

Growth

New things can help you grow by forcing you to take new actions, adopt new attitudes, or think in new ways.

Courage

New things often requires courage, which can be a benefit in itself.

Unique opportunities

New things can lead to unique opportunities in your career and personal life.

Fresh perspectives

New things can help you open your eyes to new perspectives on the world.



TO MAKE TRYING NEW THINGS EASIER, YOU CAN START SMALL, MAKE A PLAN, AND PRIORITIZE FUN. YOU CAN ALSO IDENTIFY YOUR VALUES AND CHOOSE ACTIVITIES THAT ALIGN WITH THEM.