

Optimistic October 2026

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

5

Be a realistic optimist. See life as it is, but focus on what's good

6

Remind yourself that things can change for the better

7

Look for the good in people around you today

8

Make some progress on a project or task you have been avoiding

9

Share an important goal with someone you trust

10

Take time to reflect on what you have accomplished recently

11

Avoid blaming yourself or others. Find a helpful way forward

12

Look out for positive news and reasons to be cheerful today

13

Ask for help to overcome an obstacle you are facing

14

Do something constructive to improve a difficult situation

15

Thank yourself for achieving the things you often take for granted

16

Put down your to-do list and do something fun or uplifting

17

Take a small step towards a positive change you want to see in society

18

Set hopeful but realistic goals for the days ahead

19

Identify one of your positive qualities that will be helpful in the future

20

Find joy in tackling a task you've put off for some time

21

Let go of the expectations of others and focus on what matters to you

22

Share a hopeful quote, picture or video with a friend or colleague

23

Recognise that you have a choice about what to prioritise

24

Write down three specific things that have gone well recently

25

You can't do everything! What are your three priorities right now?

26

Find a new perspective on a problem you face

27

Be kind to yourself today. Remember, progress takes time

28

Ask yourself, will this still matter a year from now?

29

Plan a fun or exciting activity to look forward to

30

Identify three things that give you hope for the future

31

Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

