A Month of Positive Psychol...

Meaning and purpose. One small habit for well-being a day.

2027

MAY

MON	TUE	WED	THU	FRI	SAT	SUN
					1 Write down one thing that gave your day meaning	2 Ask yourself what matters most to you
3 Write three values you want to live by	4 Do one small thing that fits your values	5 Help someone with something small	6 Write about a time you felt useful	7 Think of how your work helps someone	8 Share a skill or a story with someone	9 Volunteer or give something small
10 Write what you want to be remembered for	11 Notice when you feel part of something bigger	12 Talk with someone about what matters to you	13 Say no to one thing that does not fit	14 Write down why you do what you do	15 Read something that makes you think	16 Pick one cause you care about and learn more
17 Do something for the next generation	18 Help a coworker without being asked	19 Write about someone who inspires you	20 Tell someone how they helped you find meaning	21 Spend ten minutes on what you love most	22 Choose one thing today to do on purpose	23 Ask: what would I regret not doing?
24 Write one sentence about your purpose	25 Do a task and notice what it gives others	26 Notice small moments that feel meaningful	27 Teach someone something you know	28 Plant, water or care for something alive	29 Write what you are grateful to be part of	30 Review how your week matched your values
31 **Memorial Day** Write what you want to do more of						