Habits to Build *This Month*



Ordinary & *Happy*

1. Spend at least 10 minutes every day tidying up.
2. Practice gratitude daily, writing down things you're grateful for or using a gratitude journal.
3. Learn one new thing or tiny skill every day.
4. Reach out to friends and family regularly.
5. Take more photos of everyday moments.
6. Give genuine compliments to loved ones.
7. Set goals every week and review your progress regularly.
8. Make time for fun and quality time with loved ones.
9. Write down to-dos in one place as soon as you think of them.
10. Finish small tasks instead of putting them off.
11. Set aside 15 minutes each day for admin tasks.
12. Keep track of important dates using a system that works for you (e.g., calendar, reminders).