

30 Days

30 Tiny Things

EXPLORING A QUEST FOR HAPPINESS



How to use this workbook

Forget the rulebook! You do you!

Try out new activities, one page at a time or in any order that rocks your world.

For 30 days, tackle a new challenge each day and take note of how it made you feel.

Creating habits around what makes you feel fantastic is the ultimate goal, so whether you find one or a bucket load, it's your call. This however is just experimenting with little activities to see what you might like to do again and again.

Here's to adding more sparkle to your life!

We hope you find it valuable.

Journal

Journaling is a transformative practice that holds immense value in personal growth and self-discovery.

It serves as a reflective sanctuary, offering a safe space to explore thoughts, emotions, and experiences.

Through journaling, individuals gain clarity, as the act of putting thoughts on paper forces them to organize and confront their feelings and ideas. It becomes a faithful confidant, capturing one's journey, aspirations, and challenges.

Over time, journaling unveils patterns and provides insight into behavioural tendencies, fostering better self-awareness. It serves as a therapeutic outlet, reducing stress and anxiety while boosting mental well-being.

Ultimately, journaling empowers individuals to learn, evolve, and appreciate the profound value of their own narratives.

How to do today

The only right way to do this is the way that makes sense to you.

I would however recommend a pen and paper, there is a lot of research to say that the simple act of writing has way more benefits than typing. I would also recommend somewhere quiet where you can be alone with your feelings.

Write about your worries, write about how you could fix them pretend that it is your best friend that you are writing to. Write about your goals, write about the things that you are grateful for, seriously write about whatever is in your head.

Journal today, you never know you may love the process



My Reflections

Jotting down how hard you found the daily task, what you loved, what you found challenging, any outcomes, if a great way to reflect. It also helps you understand if this is something that you will incorporate into your life either every so often or as a daily habit.

Good Questions to ask yourself

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Did the activity feel true to you?

Did you have any negative feelings?



Fear

Fears, whether rational or irrational, can manifest in various forms, including subjective fears like fear of failure, rejection, or the unknown.

Cultivate self-compassion and positive self-talk to counter negative beliefs.

Today's task is just small it is not designed to conquer them all immediately and forever. To do this long term may need support from trusted friends or professionals for guidance and encouragement.

Ultimately, facing fears is a courageous journey that leads to personal empowerment and a fuller, more resilient life.

How to do today

Do you have a little thing that makes your heart skip a beat, your palms sweaty and sometimes just stops you in your tracks?

We believe that anyone can do something for a short period of time even if it is hard.

Some of the things my clients have tried

Talk to a stranger

Write a love letter to yourself

Telling a friend how much you love them

Do something on your own - movies, lunch

Enforcing a boundary

Do something in the dark / light / night



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Self Care

Self-care is definitely more than just taking bubble baths, although relaxation and pampering can be a part of it.

Self-care encompasses a wide range of activities and practices that prioritize your well-being and nurture your physical, mental, and emotional health.

Ultimately, self-care is about taking intentional steps to nurture all aspects of your health and well-being. It's a holistic approach that recognizes the importance of self-preservation, self-awareness, and self-compassion in leading a balanced and fulfilling life

How to do today

Self-care is anything that means something to you.

Some of the things that feed my soul and that I love include:-

Go to your favourite coffee shop

Sit in the park

Buy your favourite food

Read a book- even better read in your favourite coffee shop

Have a little pamper session

Ring a friend

Listen to the waves



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No Technology

We have all come to rely so much on technology.

Ask yourself how many times have you seen a group of people having dinner and being on their phones, I have even seen people on their phones during a movie at a cinema.

I will be honest I now make a conscious choice every time I am speaking with someone I turn my phone to mute or better yet leave it in my bag and concentrate on the conversation.

In doing so I see the amount of technology filling our everyday lives.

Limiting technology in your life involves an intentional choice to find a healthier balance between digital and real-world experiences.

How to do today

Have a plan to spend the day away from your phones, computers and gaming.

If you cannot make it through the day at least do part of it. If you need to stay in touch with children or others who may need to contact you because of an emergency set up your phone to only accept calls from those numbers.

Instead of technology

Go to the local park

Go to the beach

Read a book

Talk, really talk to those around you

Listen to music

Play some board games

There are so many options for the day you might even be surprised by how much you can achieve.



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Spend Time with Today

The power of spending time in the moment, known as mindfulness, is transformative. In our fast-paced world, being present offers profound benefits.

It cultivates inner peace by relieving anxiety and stress. Mindfulness allows us to savour life's pleasures, enhancing our well-being.

It also deepens our understanding of emotions and improves relationships by fostering empathy and effective communication. Ultimately, living in the moment enriches life, nurtures gratitude, and leads to better decisions, creating a more fulfilling existence.

How to do today

Being in the moment can be difficult. We are usually thinking about our to-do list, the fight we had with our partner, the kids and their problems or a 100 other things rarely are we in the moment.

Regardless of what you are doing be present
Chatting to your kids, put the phone down get down to their level and really listen
Look into your partner's eyes when chatting
Washing the dishes, think about how the water feels on your hands
Savour the smell of the food as you are cooking
Driving to work, pay attention to the sights and sounds of your drive

You get the idea, be with whatever you are doing 100%



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Declutter

Decluttering is the process of intentionally organising and simplifying one's living or working space by removing unnecessary items.

It involves assessing belongings and deciding what to keep, donate, or discard.

The goal is to create a more functional and aesthetically pleasing environment, reducing the mental and physical burden of excess possessions.

Decluttering promotes a sense of order, improves focus, and enhances overall well-being. It often involves categorizing items, optimizing storage, and adopting minimalist principles.

By streamlining possessions, individuals can cultivate a more serene and efficient space that reflects their priorities and facilitates a more mindful and intentional lifestyle.

How to do today

Today pick one area depending on how much time you have it can be a room a cupboard or even a draw.

Assess items based on usefulness and emotional value, letting go of duplicates, unused, or sentimental objects.

Sort belongings into categories, making decisions on what to keep, donate, or discard.

Adopt a minimalist mindset, prioritising quality over quantity.



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Committ to a friend

Friendship is a profound and enduring bond that enriches our lives in countless ways. It provides emotional support during challenging times, offering a shoulder to lean on and a listening ear.

True friends share in our joys, multiplying our happiness. They offer different perspectives, fostering personal growth and self-awareness.

Friendships cultivate empathy and compassion, strengthening our connections with the world. Trust and loyalty form the foundation of these relationships, creating a safe space for vulnerability. Friendships combat loneliness, promoting mental well-being and resilience.

Ultimately, the power of friendship lies in its ability to nurture our souls, providing love, laughter, and a sense of belonging throughout life's journey.

How to do today

Are you one of those people who has a running scorecard around friendship?

My friendships changed after someone said to me, does it matter if you are the one that always reaches out, if you both enjoy the time that you spend together? They were right, when I realised this my friendships got so much better.

Today commit to your friendships, haven't heard from someone for a while send a little message or give them all a call.

If one of your friends is going through a rough time, send them a message or offer to do something for them.



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Dream

Dreaming is a profound force that propels us forward, igniting our imagination and shaping our destinies.

In the realm of dreams, we envision possibilities beyond our current reality, sparking inspiration and ambition. Dreams fuel creativity, innovation, and progress.

They offer hope, a guiding star in times of adversity, pushing us to persevere and overcome obstacles.

Dreaming connects us to our deepest desires and aspirations, giving life purpose and meaning. It's a driving force behind personal growth and self-discovery, urging us to chase our goals relentlessly. Dreaming is the catalyst for change, reminding us that even the loftiest ambitions are attainable with determination and belief.

How to do today

Dreaming can take on many forms, find something that works for you. Some of my favourites include:-

Grab a pen and paper and just write. All the things that you want to do, don't think about them just write them down.

Create a bucket list of things that you want to do in your life.

Think about who you want to be and what you want to do, when you grow up. Your goals should be formulated around your dreams. Accomplishing your dreams is a way to live a full and active life.

Spend the day dreaming, you are never too old to have dreams.



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Reconnect with an old friend

Old friends hold a special place in our hearts, like a timeless treasure.

They've witnessed our journey, shared laughter and tears, and offer an enduring connection.

Friends that we have lost touch with offer a chance to remember other times in our lives, times when things might have been different. Remembering the good times in our lives is important.

All research says that the value of friendship cannot be unvalued, it helps us live a full and meaningful life.

How to do today

Today is an easy day.

A friend that you have lost touch with it's a chance to say hi. How are you? I was thinking about you! I was remembering that time when we xxxxx, and I had to say hi.

Send a text, touch base via social media or pick up the phone.



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Bad Habit free day

Bad habits are insidious patterns of behaviour that can slowly erode our well-being.

They often provide short-term pleasure but long-term consequences. Whether it's smoking, overeating, procrastination, or negative self-talk, these habits can hinder personal growth, damage relationships, and harm physical and mental health.

Breaking them requires self-awareness, determination, and often, support. Replacing bad habits with healthier alternatives can lead to positive transformations, improving overall quality of life.

Recognising the detrimental impact of bad habits and taking proactive steps to replace them with constructive behaviours is a crucial step towards a happier, more fulfilling life

How to do today

Today is not an easy day!

But the task is not about getting rid of the habit for good, it's about stopping today. Everyone can stop something for a day!

Fingers crossed by stopping for the day can show you that you CAN do something even if it is hard and you will want to continue the journey. Because we know that stopping something is just one hour at a time, one day at a time, one week at a time.

Whatever it is we know that you can crush it.



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Yes Day

The power of saying "yes" lies in its ability to open doors to new experiences, opportunities, and personal growth.

It's a willingness to embrace the unknown and step outside one's comfort zone. Saying "yes" can foster resilience, as it encourages adaptability and a positive outlook on life.

It strengthens relationships by showing support and a willingness to connect with others. Moreover, it nurtures creativity, leading to innovative solutions and exciting adventures. By saying "yes" more often, we invite adventure and change, enabling us to live a fuller, more enriched life filled with unexpected and transformative moments.

How to do today

Today is a YES day.

Do you want to go to the beach YES

Do you want to help me YES

Do you want to play leggo all day YES

Do you want to leave the housework until tomorrow YES

Do you want to try something new YES

Instead of thinking of all the reasons that you shouldn't do something, just say YES you never know where you will end up.

Of course we don't suggest for a second that you break the law, do something that effects your values or ethics but everything else its a YES



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Be Grateful

Gratitude is a powerful emotion that brings numerous benefits to our lives.

It shifts our focus from what we lack to what we have, promoting contentment and happiness. By acknowledging the goodness around us, it reduces stress and anxiety, fostering mental well-being.

Gratitude strengthens relationships, as it deepens connections and encourages reciprocity. It enhances empathy and compassion, making us more attuned to the needs of others.

Practising gratitude cultivates resilience, helping us navigate challenges with a positive perspective. Overall, it leads to a more fulfilling life, filled with a sense of abundance, improved mental health, and a heightened appreciation for the beauty in everyday moments.

How to do today

Today we are grateful.

Its either a pen and paper or camera day.

Find at least five things that you find in your day that you are really grateful for, either take a photo or write about about it.

Even bad days have thankful moments it could be that you missed the traffic and got to work on time, it could as easily be that the traffic was horrendous but you got to listen to music all morning in the car.

Being thankful and grateful for those small moments each and every day lets you know you have so many blessings. Today you count them.



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Be Outside

Spending time outdoors is a rejuvenating experience that offers a multitude of benefits.

Nature's tranquillity provides respite from the demands of modern life, reducing stress and boosting mental well-being. The fresh air invigorates the body and mind, enhancing focus and creativity.

Outdoor activities promote physical fitness, leading to improved health.

Natural surroundings ignite a sense of wonder and connection to the world, fostering mindfulness and gratitude.

Ultimately, time spent outside rejuvenates the spirit, nurtures physical and mental health, and reminds us of the profound beauty and serenity found in the natural world.

How to do today

Today it's easy - get outside.

For part of the day, get some Vitamin D.

Walk, Hike, Garden. Even sit at a Park, the Beach, the Bush, or an outdoor cafe. You set the rules. Maybe some activity for extra bonus points.

What if it is raining I hear you say, the rain on your face is such a wonderful feeling or simply postpone this day to when the sun is shining.



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Move your body

Moving your body brings a multitude of physical and mental benefits.

Regular exercise strengthens muscles and bones, improving overall physical health. It enhances cardiovascular function, reducing the risk of heart disease.

Physical activity boosts mood by releasing endorphins, alleviating stress, and combating anxiety and depression. It sharpens cognitive function and memory, promoting mental acuity.

Movement fosters better sleep patterns, leading to improved rest and rejuvenation. Exercise supports weight management and reduces the risk of chronic illnesses.

Furthermore, it instils discipline, perseverance, and self-confidence. In sum, moving your body is an essential pillar of a healthy, balanced life, enhancing both physical vitality and mental well-being.

How to do today

Today you are going to move your body a little more than you normally do.

Usually go to the gym, add some stretching or a walk.

Usually go for a run, add some pushups when you get home.

Usually watch Netflix or sit at a desk, go for a walk during the day.

Struggle with injuries then move more than you did yesterday and up to your comfort level. Even standing for 5 minutes every hour has amazing benefits.



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Get Feedback

Feedback is a valuable tool for personal and professional growth.

Constructive feedback offers insights and perspectives that can highlight areas for improvement, facilitating self-awareness and skill development.

It helps build stronger relationships by promoting open communication and trust. In the workplace, feedback fosters a culture of continuous improvement and innovation, leading to higher productivity and efficiency.

In your personal life, feedback from friends and family aids in personal development and strengthens bonds. Embracing feedback as a gift rather than criticism can lead to profound personal and collective growth.

How to do today

Today can be challenging!

Get feedback from someone, your boss, your partner, your kids, your parents, or your friends.

How can I be a better xx to you? This is such a powerful question! Try it on you will be surprised.

Please look at it as an opportunity to become closer to the person. This is never about criticism of who you are as a person it is about what that other person may need from you!

Of course, it is up to you if you choose to take on the feedback, but you can still accept the courage it took to say something with grace and simply say thanks for that, whilst I appreciate that it is important for you, I find that it challenges my values / ethics / time.



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Dear Future Self

Writing to your future self is a profound act of self-reflection and personal growth.

It allows you to encapsulate your current thoughts, emotions, and aspirations, creating a time capsule of your inner world.

When you revisit these letters in the future, they serve as a powerful reminder of your journey and progress.

They can provide clarity and perspective during challenging times, offering guidance and reassurance.

Moreover, writing to your future self fosters accountability, as you may set goals and intentions that you'll later assess. It's a therapeutic practice that deepens self-understanding and helps you evolve into the person you aspire to become.

How to do today

Today can be challenging!

Another pen and paper day.

Write a letter to your future self. A letter to the version of you in 1 year or even 10. You choose the timeline.

What will you have achieved, whose lives have you touched, what will people say about you, what will you be doing, and what sort of relationships will you have?

It's a letter of positivity of accomplishment, and an indicator on what your goals should be, and where you should focus your current efforts.



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Budget

Having a budget is a financial compass that guides responsible money management.

It empowers individuals by offering a clear overview of their income, expenses, and financial goals.

Budgets encourage wise spending and saving choices, preventing overspending and debt accumulation.

They provide a sense of control and reduce financial stress, as they help plan for emergencies and long-term aspirations.

Budgeting promotes financial discipline and accountability, leading to better financial decisions. It also enhances awareness of spending patterns, highlighting areas for potential savings and investment opportunities.

Ultimately, a budget is a valuable tool that contributes to financial stability, peace of mind, and the achievement of financial dreams.

How to do today

Hopefully, you already have done this previously and you are on top of your finances. If you are today is a day to revisit and make sure everything is up to date.

If you haven't find some time, get your bank statements out, firstly work out where your current money is going. Break everything up into essential spending and discretionary spending.

Are you spending more than you earn, do you have debts which need to be paid off, are you using your credit cards way too much? Do you have dreams that you want to happen, travel major events, purchases or even repairs that are on your wish list, that would be great to budget for?

Get the calculator out and pen and paper and work out how to achieve your dreams, where you can save money, or how quickly you can be debt-free.



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Volunteer

Volunteering offers myriad personal benefits.

It enriches your life by fostering a sense of purpose and accomplishment, enhancing self-esteem and confidence.

It cultivates empathy, broadening your perspective and deepening your understanding of diverse communities and issues.

Volunteering hones valuable skills, often transferable to both personal and professional life, potentially boosting your career prospects.

The experience can forge lasting friendships and expand your social network. It combats stress and promotes mental well-being, as the act of giving back can boost mood and reduce symptoms of anxiety and depression.

Ultimately, volunteering not only positively impacts others but also enhances your own personal growth and satisfaction.

How to do today

Find somewhere to volunteer, pick something that is close to your heart.

It might be hard to actually accomplish the task today, but plan it, organise it, contact the organisation, and arrange a day.

It could be a once-off, volunteering for an event, or cleaning up litter in your local area or committing to a longer term, like serving breakfast at a homeless shelter, reading to the elderly in aged care facilities, helping with fundraising or awareness for an organisation or even helping at your local school, listening to children read, the benefit for you will be much more than you can imagine



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Fun

Fun is an essential ingredient in a fulfilling life. It injects joy, laughter, and positivity into our daily routines, making life more enjoyable.

It acts as a powerful stress reliever, reducing tension and promoting relaxation. Fun nurtures creativity and innovation by freeing our minds from constraints, leading to fresh perspectives and breakthroughs.

It strengthens bonds in relationships, fostering a sense of connection and shared happiness.

Fun is a source of motivation, infusing tasks and challenges with enthusiasm and energy. It enhances mental and emotional well-being, providing a respite from life's demands. In essence, embracing fun is crucial for a balanced, happy, and meaningful existence.

How to do today

What does FUN mean for you.

Kids know how to do it so easily today is your day. What makes you smile and laugh. Here are some ideas, but I am sure that you have a few of their own.

Walking in the rain, jumping in puddles - Ten-pin bowling or putt-putt golf - Paint or colouring in - Outdoor games like lawn bowls, tennis or basketball - Go to an arcade or theme park - Create a tick tock - Jigsaw or other puzzles - Play video games - Roller or Ice Skate - Buy a hula hoop - Go to a comedy show - Visit a puzzle or escape room - Go hiking - Swim or try surfing or even Play board games

Have fun remembering what it is like to play!



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Forgiveness

The power of forgiveness is transformative.

When you forgive, you release the heavy burden of anger, resentment, and pain that weighs on your heart and mind.

Forgiveness liberates you from the shackles of the past, offering emotional freedom and inner peace. It heals wounds, both emotional and physical, reducing stress and promoting mental well-being.

Forgiving others or even yourself can mend broken relationships, fostering reconciliation and trust. It encourages personal growth, as it requires empathy and understanding, strengthening emotional intelligence.

Ultimately, forgiveness empowers you to move forward with a lighter heart, unburdened by grudges, and opens the door to a more compassionate and harmonious life.

How to do today

Is there something holding onto you?
Someone who you need to forgive?

Remember forgiveness is a gift that you give to yourself and it doesn't ever mean that you ever have to forget what happened.

Write a letter to the person who hurt you saying that you forgive them, you can mention how you felt about what happened, and how it has hampered your life, but you have now seen that the anger frustration and resentment has been holding you back. It is time to move on with life and live to your full potential.

You can even thank them for teaching you a valuable lesson about what you will and will not tolerate in the future, how they have shown you that boundaries are important and help you learn how you want to be treated in the future.

Of course, you don't need to send the letter. Remember forgiveness is for you! And you are worth it!



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Perfect Day

A perfect day is a symphony of serenity and joy. It begins with a gentle sunrise, painting the sky with hues of pink and gold, awakening a sense of gratitude. The air is crisp, carrying the earthy scent of nature. Breakfast is a delightful feast, filling the senses with flavours and warmth. Every moment is marked by tranquillity and purpose, whether it's a leisurely walk in a blooming garden or productive work that fuels a sense of accomplishment.

Laughter and meaningful conversations with loved ones bring a deep sense of connection.

The day unfolds with effortless flow, devoid of stress or worries. It's a day when dreams seem attainable, and life feels like a beautiful gift. As the sun sets, painting the horizon in a blaze of colours, a profound sense of contentment fills the heart.

A perfect day is a reminder that life's true treasures lie in the simplicity of being present and appreciating the beauty that surrounds us.

How to do today

People always think about a perfect day being something out of the ordinary when in fact today we want you to think about a day that you will repeat over and over again.

A day when you are not on holiday in some exotic location, or accepting a cheque for a million dollars.

Grab a pen and paper and write about an average day, what do you feel, smell and touch when you wake? What is your morning routine, do you exercise, work, or volunteer? Who are your friends, family, and colleagues what qualities do they have?

What do you eat, see, smell and feel, each and every day? When you write it, write it with as much description as you can, the smell of the coffee, the laughter of your family, the feel of your body. As I say the more you can describe it, the more alive it will be.

Just a note whilst other people are essential to a repeatable perfect day this should be what you desire, hope and dream for.



My Reflections

Jotting down how hard you found the daily task, what you loved, what you found challenging, any outcomes, if a great way to reflect. It also helps you understand if this is something that you will incorporate into your life either every so often or as a daily habit.

Good Questions to ask yourself

Did I use my time wisely today?

Did the activity add anything to my life or make me think differently?

Did I take anything for granted?

Did the activity feel true to you?

Did you have any negative feelings?



Set a new Goal

Goal setting is crucial because it provides direction, purpose, and motivation in our lives.

It acts as a roadmap, helping us clarify what we want to achieve and how to get there. Goals give us a sense of focus and prevent us from drifting aimlessly. They provide a yardstick for measuring progress, allowing us to celebrate achievements and learn from setbacks.

Setting goals cultivates discipline, time management, and perseverance, fostering personal growth. It pushes us beyond our comfort zones, encouraging continuous improvement.

Moreover, having clear goals enhances self-confidence, as accomplishing them boosts self-esteem.

Ultimately, goal setting empowers us to turn dreams into reality and leads to a more fulfilling and purposeful life.

How to do today

Today think about one thing that you really want to achieve.

There is a goal-setting workbook in our free resources section on our website www.beyouauthentically.com, if you are stuck you can use this to formulate your goal.

Remember goals should be aligned with our values, morals and ethics they should take us closer to living our perfect day over and over again. They should also be specific, measurable, attainable, realistic and time-bound.

For example, rather than writing you want to lose enough weight to fit into that little black dress, write by 31st December 2023 I will weigh 70kgs, I will feel fantastic and will have developed the necessary skills to maintain this weight. I will understand the importance of the food that I put in my body, and the benefits of exercise. I will be able to take on the world with a whole new sense of purpose. I will celebrate my achievements by dancing the night away in a little black dress to welcome in the New Year.

Get the idea!



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Listen

The power of listening is a profound and often underestimated force in human interaction.

It transcends mere hearing, diving into the depths of understanding, empathy, and connection.

When we truly listen, we give others the gift of our undivided attention, validating their thoughts, feelings, and experiences. This simple act can mend relationships, foster trust, and resolve conflicts.

It empowers us to learn, grow, and expand our perspectives.

Listening cultivates empathy by allowing us to walk in someone else's shoes, promoting unity and cooperation in a diverse world.

In professional settings, it enhances problem-solving and decision-making. The power of listening lies not in the words we speak, but in the silence we share, creating spaces for authentic connection and meaningful communication.

How to do today

Today it's really simple.

If your child is talking to you, get down on their level, stop what you are doing, and listen, ask a few questions to make sure they know what they have said, and that you understand completely the meaning behind it, and keep asking questions until you are both agree on the meaning.

If your partner is telling you something, stop what you are doing, add some face-to-face contact and really listen. Make sure you are both on the same page by asking questions, clarifying what they have said, offering some conversation, and no you don't always need to fix something sometimes someone just wants to be heard.

In every situation today remember you have two ears and one mouth, do twice as much listening as you do talking.



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Kindness Day

The power of kindness is a force that transcends boundaries, transforming individuals and communities alike.

It is a simple yet profound act that can brighten someone's darkest day.

Kindness ripples outward, creating a chain reaction of positivity. It has the ability to mend broken hearts, bridge divides, and foster understanding.

When we offer kindness, we not only uplift others but also nourish our own souls.

It strengthens bonds, builds trust, and promotes empathy in a world often filled with discord.

Kindness is a universal language that knows no barriers, making it a catalyst for change and a source of hope.

In practising kindness, we unlock the immense potential to create a more compassionate and harmonious world.

How to do today

Practising kindness towards others can be a simple yet impactful way to make the world a better place. Here are a couple of tips to help you incorporate kindness today.

Start with Empathy: Try to understand the feelings and perspectives of others.

Small Acts of Kindness: Kindness doesn't always require grand gestures. Smile at strangers, hold doors open, or offer compliments. Small acts can brighten someone's day.

Offer Help: Whenever you see an opportunity to assist someone in need, don't hesitate. Whether it's carrying groceries, offering a ride, or helping with a task, your assistance can be incredibly meaningful.

Random Acts of Kindness: Surprise others with unexpected acts of kindness. Pay for someone's coffee, leave a kind note, or perform random acts of generosity that spread positivity.



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Good Food

The value of incorporating good food into your diet cannot be overstated.

Nutrient-rich, whole foods nourish the body and mind, promoting overall health and well-being. A balanced diet, rich in fruits, vegetables, lean proteins, and whole grains, provides essential vitamins, minerals, and antioxidants that boost the immune system, support proper growth, and reduce the risk of chronic diseases.

Good food fuels energy, enhancing productivity and mental clarity.

It fosters healthy body weight, reducing the risk of obesity-related ailments.

Moreover, a diet rooted in quality ingredients can be a source of pleasure, elevating the joy of eating while promoting a long and vibrant life.

How to do today

I get it sugar, fatty foods and other not-so-good stuff sometimes call us and that apple does nothing to stop the craving.

I know however that willpower is an amazing thing, just do it for the day. No cakes, chocolate, fatty foods, pizza or whatever your go-to is.

I know that you can get through one day, it's just one minute at a time, hear that pizza calling, go for a walk, ring a friend, do some cleaning anything. It's just one minute at a time before you know it you will be off to bed and survived the day. Who knows you might say to yourself I got through the day maybe I can try again tomorrow and you are off on a whole new good food addiction.



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Love

The power of love transcends all boundaries, captivating hearts and souls in its unifying embrace.

Love is a profound force that connects us, offering solace in times of turmoil and joy in moments of celebration.

It has the ability to heal wounds, mend broken spirits, and inspire acts of kindness and selflessness. Love fuels resilience, providing strength to overcome adversity and conquer the most formidable challenges.

It is the cornerstone of meaningful relationships, binding families, friends, and partners with bonds that withstand the test of time.

Love's influence resonates across cultures and generations, reminding us of our shared humanity and the extraordinary capacity for compassion and connection that resides within us all.

How to do today

Leaning into love involves nurturing and cultivating this powerful emotion in your life. Here are some steps to help you embrace and deepen your experience of love for today.

Self-Love: Start by loving and accepting yourself. Self-love is the foundation for all other forms of love. Practice self-compassion, and treat yourself with kindness and respect. High Five yourself in the mirror in the morning and everytime you want to talk down to yourself stop and offer some kinder words. Our minds are a powerful piece of equipment.

Open Your Heart: Be open to giving and receiving love. Allow yourself to be vulnerable, as love often requires taking emotional risks. Tell someone today a secret about you!

Use the L word with those who mean something to you. Ring a friend, tell your partner, and make sure your kids understand the impact of them in your life.

By giving love you will get it back in return its a win win.



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Quiet

Having moments of quiet in your day is essential for mental and emotional well-being.

In a world filled with constant noise and distractions, quiet offers a precious respite. It allows you to disconnect from the chaos, regain inner balance, and find clarity.

In these moments, you can reflect, recharge, and access your deepest thoughts and feelings.

Quiet fosters mindfulness, promoting self-awareness and reducing stress. It provides an opportunity to appreciate the beauty of solitude, enhancing creativity and problem-solving.

Embracing quiet in your day is a gift to yourself, offering the space to find peace, serenity, and a renewed sense of purpose amidst life's bustling demands.

How to do today

Who doesn't love a little peace and quiet, sometimes hard to achieve? The kids are screaming, the music is playing, the tv is on, colleague's phones are running, the phone is ringing on and on it goes.

Today find at least a few moments of silence, so that you can clearly hear your inner thoughts.

I know meditation is not for everyone, but meditation is not always sitting cross-legged and humming for hours on end, it can be just sitting still for a little bit concentrating on your breath.

Give that a try or turn off the radio in your car, turn off the tv for a little bit and just be. There is so much power in quiet even just for a short time.



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Friendship

Another day dedicated to the power of friendship.

The power of friendship is an enduring force that enriches lives in countless ways. Friends are companions through life's joys and trials, offering unwavering support and understanding.

They provide a safe space for authenticity, where masks can be shed, and true selves revealed. Friendships build bridges between diverse backgrounds and perspectives, fostering empathy and unity. They offer solace in times of sorrow and magnify moments of happiness.

Friends inspire personal growth, encouraging us to be our best selves. These connections forge bonds that withstand distance and time, serving as a bedrock of emotional well-being, resilience, and a reminder that in this journey called life, we are never truly alone.

How to do today

Today I want you to challenge your friendships. It is important to have friends for a variety of reasons and each offers you something.

Maybe it is friends that you can bear your soul to, to ring when the going gets tough, that you know will be there through everything, they are your inner circle friends.

Maybe you have friends that are social friends, ones where you do something together, be it a sport or artistic pursuit. They may not know everything about you, you may not trust them with your deepest secrets but they serve a purpose in a rich and fulfilling life.

Today reach out to a friend, in person, via the phone or even via social media. Let them know that you are thinking of them, thank them for something that they bring to your life even if it is small.

I remember sending a card to a lady I played sport with saying how positive and uplifting she was in that environment and how much her personality impacted all of us around her. Over to you, I know that you will find something nice to do, to recognise a special friendship.



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Learn

The power of continual learning is a transformative force that propels individuals towards growth and innovation.

In an ever-evolving world, those who embrace lifelong learning remain agile and adaptable. It sharpens minds, expands horizons, and fosters creativity. Continual learning unlocks fresh perspectives, enabling problem-solving and critical thinking. It empowers individuals to stay relevant in their careers, advancing both professionally and personally.

Through continual learning, people gain the confidence to explore new realms of knowledge, pushing boundaries and driving progress in science, technology, and society. It is a key to self-improvement, ensuring that every day offers an opportunity to become wiser, more capable, and better equipped to face the challenges of an ever-changing world.

How to do today

Today depends on how much this means to you.

You could do something simple and have it over today, pick a topic and do a little research about it. A few articles, some conflicting views.

Listen to a podcast about something that you know nothing about.

Find a friend who does something that you don't understand and ask a lot of questions. I learnt a lot about the sheet metal business this way.

Will you ever need this information maybe / maybe not, but it is good to think about something new. More time to dedicate, research a good community college and enrol in a course, join a language class, join a group offering something that you want to learn (maybe you will even meet new people and make new friends).

Maybe even learn how to play your kids or partner's favourite video game, they will love your commitment.

If all else fails pick up that book that you have been meaning to read.



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Proudest Moment

Being proud of your achievements is a deeply gratifying and empowering experience.

It signifies recognising the effort, determination, and dedication you've invested in your goals.

Pride reflects a sense of accomplishment and self-worth, boosting self-esteem and confidence. It inspires further ambition and the belief that you can conquer challenges ahead.

Celebrating your achievements acknowledges personal growth, validating the journey you've undertaken.

This pride isn't rooted in arrogance but in acknowledging your potential and capacity to overcome obstacles. It serves as a motivator, a reminder of your capabilities, and a source of inner strength, encouraging you to continue striving for excellence in pursuit of your aspirations.

How to do today

Today is another pen and paper day.

Write down something you are most proud of, how you accomplished it, what sacrifices you had to make to achieve it, and how hard you worked at it.

Write it down in all it's amazing detail.

We spend so much time internally beating ourselves up for all the things that went wrong, we don't spend any time celebrating our accomplishments. Today is the day that I want you to celebrate this special moment, where you know you are proud, proud of who you were in the moment, and proud of what you achieved.

Maybe you will get a little like me and end up writing so many things that I was proud of, that I ended up with a list of my greatest accomplishments.

When I am feeling low I whip out the list, give myself a little clip around the ear and remind myself that I can do anything.



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