



POSITIVITY PLANNER SEPTEMBER 2024

Expect Limited encourages making mindfulness an everyday practice for our service users and staff. Our monthly positivity planner gives a daily intention or reflection, to try and help support personal positivity and wellbeing.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Adopt a positive mind set. Replace "I Can't", with "I Can".	2. Set achievable goals and monitor progress.	3. Be kind to yourself.	4. Let go of the small stuff and concentrate on what matters.	5. Think Positively.	6. Get the basics right: eat well, exercise and go to bed on time.	7. See the bigger picture.
8. Write three things down that you are grateful for in life.	9. Take time away from your desk/work to get outside. Help clear your head.	10. Be optimistic.	11. Reach out to a friend, line manager or colleague if you need support.	12. Put a problem into perspective.	13. When things go wrong, take time to pause and reflect.	14. Know that we all struggle at times, it's part of being human.
15. Find three things you are hopeful about.	16. Encourage and support others.	17. If you can't change it, change the way you think about it.	18. Think about what you can learn from a problem or situation.	19. Ground yourself. Pause and breathe.	20. Reflect on the good.	21. Use one of your strengths to overcome a challenge.
22. Take a step to help overcome a problem or worry.	23. Let go of the small stuff.	24. Congratulate yourself on a job/task done well.	25. Distract yourself from unhelpful thoughts.	26. Find something to look forward to today.	27. Be willing to ask for help.	28. Reflect on a positive memory.
29. See the good in a situation.	30. Focus on the positives.					