

Positive Psychology Daily Checklist

Simple actions to boost your well-being. Follow these steps daily.

1. Say something positive to yourself

Give yourself a compliment or an encouraging thought.

2. Send a message to a friend

Reach out with a short text or call to check in on someone you care about.

3. Use your strength in today's tasks

Pick one strength (like problem-solving, creativity, or patience) and use it during the day.

4. Pause and appreciate a small moment

When you take a break, savour your coffee, the weather, or just a quiet moment.

5. Set a simple goal for today

Write down one task you want to complete before the end of the day and aim to check it off.

6. Do one kind thing

Perform a small act of kindness, like holding the door or offering help to a colleague.

7. List three things you're grateful for

Quickly note three things that make you feel grateful today.

8. Take five deep breaths

When stress hits, stop and take five slow, deep breaths to calm your mind and body.

9. Get outside for 10 minutes

Step outside for a quick walk or even just to stand in the sun for a few minutes.

10. Celebrate a small achievement

At the end of the day, reflect on one thing you did well, no matter how small.