

## ACTION FOR HAPPINESS

# Actions for an SUPER SEPTEMBER from Happy Café Ely

*“Happiness never decreases by being shared”*

**The Buddha**

		1 Spend some time in nature, take along the nature trail or by the river.	2 A kind word can go a long way! Pay a compliment to everyone you speak to today.	3 Adopt a growth mindset today. Think ‘I can try’ not ‘I can’t’	4 Get your free residents pass to Ely Cathedral and take a visit!	5 Give a ‘Shout out Sunday’ on Spotted in Ely to someone great!
6. Write down three things you are grateful for today.	7. Try something new today., however small. Learn a new word or a new function on your phone.	8. Paint an Inspirational quote on a pebble and leave it for someone to find.	9. Make a connection today and start a conversation with a stranger.	10. Find time for yourself today. Do something just for you even if it’s stop and do nothing!	11. Stop and smell the flowers..literally!	12 Share a meal or a coffee with friends today.
13. Take something you don’t need anymore to one of Ely’s charity shops.	14. Write a letter of thanks to someone who has helped you.	15 Come along to Happy Café Ely at Julia’s Tearooms. 10.30 to noon.	16 Visit somewhere new near where you live.	17. Have a drink and read a book in the Happy Café Library at Julia’s tearooms.	18. Take someone out for the day—Ely’s full of wonderful places to visit!	19 Watch a TED talk on the science of happiness. <a href="http://www.ted.com">www.ted.com</a>
20. Take care of your body, Run up the stairs or get off the bus early!	21. Eat al fresco this evening and live in the moment.	22. Say something positive to everyone you meet today.	23. Donate something to Ely Food bank today.	24 Try a new activity—Elyi magazine has a great list of local clubs.	25. Take a stroll round Ely Market this morning and smile at everyone you meet!	26. Look for an opportunity to help someone today.
27. Take a look at some of the ideas on the Action for Happiness website.	28. Avoid distractions when you’re talking to people today. Put your phone away and just listen.	29. Ask for help today if you need it!	30. If you’ve had an SUPER SEPTEMBER—take the Action for Happiness pledge!			

Find out more about Action for happiness and take the happiness pledge at [actionforhappiness.org](http://actionforhappiness.org)