

OCTOBER 2026

One small thing at a time

WildlyHappyLife

Happiness in Aligned Action

Come as yourself. Build a life that fits.



MON	TUE	WED	THU	FRI	SAT	SUN
28 SEP	29 SEP	30 SEP	1 MARKER Older people's day: ask whose voice is missing.	2 ACTION Name one value. Choose a step your body can afford.	3 NATURE Notice one patch of wildness, wherever you are.	4 HOPE Find one sourced story of repair or belonging.
5 CARE Make one task smaller. Which part can wait?	6 MARKER Black History Month: learn from a Black-led voice.	7 CONNECT Send one low-pressure hello, if connection helps.	8 CARE Remove one avoidable source of noise or friction.	9 JOY Choose a small pleasure with no useful purpose.	10 MARKER Mental health day: ask what support would help.	11 HOPE Celebrate a queer joy or gain, with its source.
12 ACTION Write one clear next step in a single sentence.	13 NATURE Let one autumn detail catch your eye.	14 CONNECT Ask for information in writing, if it helps.	15 CARE Pause before a yes. Give yourself time to decide.	16 JOY Return to a song, story or place that steadies you.	17 CARE Rest before depletion, where you can.	18 MARKER Menopause day: listen to lived experience.
19 ACTION What can be shared, shortened or put down?	20 CONNECT Ask: what would make this easier for you?	21 NATURE Notice a living thing without needing to go out.	22 CARE Offer one quieter way to take part.	23 HOPE Find one verified act of repair. Keep its source.	24 JOY Do something lovely just because it is lovely.	25 MARKER Clocks go back. Check one routine that matters.
26 ACTION Choose one small act for people or the planet.	27 CARE Keep one essential in reach: warmth, food or quiet.	28 CONNECT Thank someone whose care usually goes unseen.	29 HOPE Spot a community effort with a clear result.	30 REFLECT What helped this month? Keep one small thing.	31 REFLECT Mark the season. Carry one good thing forward.	1 NOV Begin again, gently.

Pick one. Skip a day. Begin again.

These are invitations, not tasks. Reading quietly counts. Rest counts. Choose what fits your actual energy.

The companion guide has fuller notes and links. Dated markers: 1, 6, 10, 18 and 25 October.