

How to Use The Daily 6

Boost your mood and overall well-being with The Daily 6 - a simple, yet powerful tool for increasing positivity and happiness in your life. The Daily 6 is a list of six easy-to-do daily activities that have been shown to have a positive impact on mood and well-being. Our brains are wired to pay more attention to negative experiences than positive ones, which can lead to feelings of stress, anxiety, and even depression. The Daily 6 is designed to counteract this bias by promoting and even amplifying positivity in our daily lives.

Print copies of the Daily 6 to keep on your desk, fridge, or bedside. One double-sided sheet is good for a whole week. Set an intention to do each of the Daily 6 tasks every day and keep track using the checklist. At the end of each day, reflect on the positive moments. You'll see that these items don't have to be done separately; on some days you can easily combine tasks and do two or three of them at the same time. This list may seem wildly simple, but there is power in the simplicity, and the key lies in being consistent.

We have more control over our happiness and well-being than we may think. Being intentional about our daily habits can have a transformative effect on our well-being and happiness, as long as we keep at it. This tool is designed to help you do just that. Give it a try and experience the transformative power of intentional positivity.

The Daily 6 +1 and Reflections

physical activity

Regular physical activity is essential for both our physical and mental health. Our bodies were designed to move, and when we don't move enough, it can have a negative impact on our well-being. Research shows that physical activity increases the production of feel-good chemicals in our brains and bodies, which are essential for our emotional and mental health. Even small amounts of physical activity can make a difference, and more is even better. So think about adding more to what you are already doing- and perhaps creating a new routine of physical activity.

meaningful human connection

Research increasingly shows the critical role of strong emotional ties in our health and well-being. Our evolutionary ancestors lived in tight-knit communities, relying on each other for every aspect of life. We were not meant to live as isolated as many of us live today. The important thing is to ensure that we connect meaningfully with others regularly. Make a genuine effort to add at least 15 minutes of meaningful conversation or human interaction to your day, whether in-person or through a phone or video call. Don't let a day go by without meaningful connection.

something that brings you joy

We often get so caught up in our responsibilities and projects that we neglect our own needs and joys. Take a moment to make a list of things that bring you joy. Here is a sample list to help you get started: watching the sunset, dancing, taking a candlelit bath, knitting, drawing cartoon faces, wearing big dangly earrings, playing an instrument, or doing a puzzle. Make an intentional effort each day to do something that brings you joy. Start with items from your list and watch how, with practice, you'll add more and more tiny moments of joy to your life.

listen to music

Music has a unique ability to positively impact our well-being by reducing stress, enhancing our mood, and providing a sense of community. Set an intention to add more music to your day, whether it's in the car, during your morning routine, while you cook or work or simply to dance to. You can also explore new types of music to discover new sounds and broaden your musical taste. Instrumental or ambient music, or music from different regions of the world, can introduce you to new musical experiences. Let music enhance your life by adding more of it to your daily routine.

sunlight or time outside

Spending time outdoors, especially in the sunlight, can significantly improve our well-being. Sunlight exposure helps us produce vitamin D and boosts our mood by increasing the production of serotonin, a neurotransmitter that regulates mood and sleep. Additionally, being in nature, even around a few trees, can have a calming effect on the mind, reducing anxiety, stress, and depression. Make a conscious effort to spend time outdoors in sunlight when possible, and when you can, go hang out with some trees.

moments of savoring

Make it a daily practice to savour small moments in your day. Research shows that savouring positive experiences can improve well-being and increase positive emotions, and decrease negative ones. Take a moment to appreciate the taste of your morning coffee, a hug from a loved one, a moment of quiet or laughter. Aim to collect at least three of these moments each day and write them down in a green box on page 4, along with your three good things/what went well. With time, this practice will help you become more mindful and appreciate the simple joys in life.

bonus: meditation

Meditation is a powerful tool for improving emotional wellbeing, but it can be challenging to incorporate into our daily routine. If you can commit to a meditation practice, that's great! There are many benefits to doing that. Start with loving kindness or self-compassion meditations. But if you're finding it hard to fit this in, don't worry, it's just a bonus.

daily reflections

The green boxes on p.4 are for you to list positive moments from your day. Whether it's what went well, three good things, or moments of gratitude, take the time to focus on the positives, as well as the moments you savoured. Sometimes we need to recalibrate our idea of what counts as "good," especially on challenging days when we might be tempted to think "nothing good happened today." But even on those days, good moments can be found. Maybe it's a rare moment of quiet, the sunlight shining through the window and lighting up a plant, discovering the last piece of chocolate when you thought you were out, or a smile from a stranger. Start capturing your small good moments each day.

The Daily 6 Wellbeing Checklist

Week: _____

Daily Intentions

	M	T	W	Th	F	S	S
15+ min of physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15+ min of meaningful connection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15+ min of something that brings you joy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15+ min of listening to music you love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 moments of savoring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sunlight or time outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BONUS: a guided meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3 Good Things & Savoring

In each green box write 3 Good things or What Went Well and 3 moments you savored each day
