



next steps
consulting

Next Steps

2025

Wellbeing Calendar

www.nextstepsconsulting.co.uk

January

Dry January
Veganuary

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 New Years Day Bank Holiday	2	3	4 World Braille Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 World Religion Day
20 Blue / Brew Monday	21	22	23	24	25 Burns Night	26
← Cervical Cancer Prevention Week (20th - 26th) →						
27 Holocaust Memorial Day	28	29	30 Parental Mental Health Day	31		

Journal Prompt

“What are three things I am really grateful for and why?”

Inspirational Quote

“Magic is believing in yourself, if you can make that happen you can make anything happen.”

-Johann Wolfgang Von Goethe



February

2025

LGBT+ History Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5	6	7	8	9
World Cancer Day		Time to Talk Day			Race Equality Week (3rd - 9th)	
Children's Mental Health Week (3rd - 9th)						
10	11	12	13	14	15	16
Valentines Day		National Apprenticeship Week (10th - 16th)				
17	18	19	20	21	22	23
Random Acts of Kindness Day	Love Your Pet Day					
24	25	26	27	28		
Eating Disorder Awareness Week (24th - 2nd)						

Journal Prompt

“What is one challenge I have overcome recently and what did I learn from it?”

Inspirational Quote

“Happiness is not something ready made, it comes from your own actions.”

-Dalai Lama



March

Women's History Month
Ovarian Cancer Awareness Month

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 St David's Day	2
3	4 Shrove Tuesday	5 Ash Wednesday	6 World Book Day	7 Employee Appreciation Day	8 International Women's Day	9
10	11	12 National No Smoking Day	13	14 World Sleep Day	15	16
← National Apprenticeship Week (10th - 16th) →						
17 St Patricks Day Random Acts of Kindness Day	18	19	20 International Day of Happiness	21 International Day for the Elimination of Racial Discrimination	22	23
← Neurodiversity Celebration Week (17th - 23rd) →						
24	25	26	27	28	29	30 Mother's Day
← Eating Disorder Awareness Week (24th - 2nd) →						

Journal Prompt

"What are my biggest strengths and how am I using these to their full potential?"

Inspirational Quote

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't."

-Rikki Rodgers





April

Stress Awareness Month
Bowel Cancer Awareness Month

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 International Transgender Day of Visibility	1	2	3	4	5	6
7 World Health Day	8	9	10	11	12	13
14	15	16	17	18 Good Friday Bank Holiday	19	20 Easter Sunday
21 Easter Monday Bank Holiday	22 Earth Day	23 St George's Day	24 On Your Feet Britain	25	26 Lesbian Visibility Day	27
28 World Day for Safety and Health at Work	29	30				

Journal Prompt

"What is one habit I want to change, and what's the first step to doing it?"

Inspirational Quote

"Not all storms come to disrupt your life. Some come to clear your path."

-Paulo Coelho



May

National Walking Month Mental Health Awareness Month

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5 Bank Holiday	6	7 World Maternal Mental Health Day	8	9	10	11
12	13	14 National Day for Staff Networks	15 Global Accessibility Awareness Day	16	17 International Day Against Homophobia, Transphobia & Biphobia	18
<p>← Mental Health Awareness Week (12th - 18th) →</p> <p>← Sun Awareness Week (12th - 18th) →</p>						
19	20 International Human Resources Day	21	22	23	24	25
<p>← Dementia Action Week (19th - 25th) →</p>						
26 Bank Holiday	27	28	29	30	31	

Journal Prompt

"Write about a mistake that taught you an important lesson?"

Inspirational Quote

"It does not matter how slowly you go so long as you do not stop."

-Confucius



June

2025

Pride Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5 World Environment Day	6	7	8
9	10	11	12	13	14 Global Wellness Day	15 Father's Day
←		Men's Health Week (9th - 15th) Carers Week (9th - 15th)			→	
16	17	18	19	20 Bring Your Dog to Work Day	21	22
←		Learning Disability Week (16th - 22nd)			→	
23	24	25	26	27	28	29

Journal Prompt

"What is something I have recently learnt about myself?"

Inspirational Quote

"The single greatest thing you can do to change your life today would be to start being grateful for what you have right now."

-Oprah Winfrey



July

Disability Pride Month
Plastic Free July

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	1	2	3	4	5	6
7	8	9	10	11	12	13
← Alcohol Awareness Week (7th - 13th) →						
14 International Non Binary People's Day	15	16	17	18	19	20
21	22	23	24 International Self Care Day	25	26	27
28	29	30 International Friendship Day	31			

Journal Prompt

"What can help me feel more calm and in control when life feels overwhelming"

Inspirational Quote

"Great things are done by a series of small things brought together."

-Vincent Van Gogh



August

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7 Cycle to Work Day	8	9	10
World Breastfeeding Week (1st - 7th)						
11	12	13	14	15	16	17
18	19 World Humanitarian Day	20	21	22	23	24
25 Bank Holiday	26	27	28	29	30	31

Journal Prompt

“How do I handle negative thoughts and what strategies can I use to help shift my mindset?”

Inspirational Quote

“If you can dream it, you can do it.”
-Walt Disney



September

Sleeptember
World Alzheimer's Month

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4 World Sexual Health Day	5 International Day of Charity	6	7
8	9	10 World Suicide Prevention Day	11	12	13	14
← Know Your Numbers Week (8th - 14th) →						
15	16	17	18	19	20	21 World Gratitude Day
← National Inclusion Week (15th - 21st) →						
22	23 Bi Visibility Day	24	25	26	27	28
← Organ Donation Week (22nd - 28th) →						
29 World Heart Day	30					

Journal Prompt

"Write about a recent success, big or small, and how it made you feel?"

Inspirational Quote

"The most certain way to succeed is always to try just one more time ."

-Thomas Edison



October

Stoptober
 Black History Month
 Breast Cancer Awareness Month

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6	7	8	9	10 World Mental Health Day	11 National Coming Out Day	12
←		International Week of Happiness at Work (6th - 12th)				→
13	14	15 International Pronouns Day	16	17	18 World Menopause Day	19
←		National Inclusion Week (15th - 21st)				→
20	21	22	23	24	25	26
27 World Heart Day	28	29	30	31		

Journal Prompt

“What is a fear or limiting belief that you would like to let go of?”

Inspirational Quote

"Believe you can and you're halfway there."

-Theodore Roosevelt



November

2025

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5 Stress Awareness Day	6	7	8	9
10	11 Remembrance Day	12	13 World Kindness Day	14 World Diabetes Day	15	16
17	18	19 International Men's Day	20 Trans Day of Remembrance	21 Carers Rights Day	22	23
24	25 International Day for the Elimination of Violence Against Women	26	27	28	29	30 St Andrew's Day

← Transgender Awareness Week (13th - 19th)

→

Journal Prompt

"What is something you are proud of yourself for?"

Inspirational Quote

"It's not about being the best, it's about being better than you were yesterday."

-Jigoro Kano



December

2025

Movember

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 World AIDS Day	2	3 International Day of People with Disabilities	4	5	6	7
8	9	10 International Human Rights Day	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas Day	26 Boxing Day	27	28
29	30	31 New Year's Eve				

Journal Prompt

"If you could go back to the start of the year, what advice would you give yourself?"

Inspirational Quote

"Your present circumstances don't determine where you go; they merely determine where you start."

-Dr Lauren Fogel Mesey

