




**Choose Life International**  
**Invites You to Participate in**  
**Happiness Week, March 15-22, 2026**  
**Schedule for Week of Activities**



March 20, 2026 is the **United Nations International Day of Happiness**. Come join us in a special week of activities celebrating March 15-22, 2026 as 'Happiness Week', highlighting life principles that contribute to increased happiness as individuals and as a nation. The following schedule shows each day's focus and associated activities.

Day & Date	Daily focus and some activities to mark the day	
Sunday March 15	<b>(Opening Church Service) Public Ceremony Participation</b>	<b>Starting at 11am</b> <b>Join us for Church Service at online and/or in person at:</b> <b>First Church Of The United Brethren In Christ, Inc</b> <b>805 Astor Ave, Bronx, NY 10467</b> <b>Join us for our Weekly Free Zoom Webinar at 5 pm Jamaica Time.</b> <b>Zoom ID: 5121522200 Password: chooselife</b>
Monday, March 16	<b>Thank You Day</b>	Take the time to express thanks/appreciation to someone who has positively impacted your life... e.g. by creating 'Thank You' cards or by writing little notes to give to parents, friends, or other persons who have contributed positively to your life.
Tuesday March 17	<b>Kindness Day</b>	Let's show more kindness today. We invite organisations & individuals to engage in doing Acts of Kindness to others; special focus on Children's & Golden Age Homes
Wednesday March 18	<b>Forgiveness Day</b>	Experience the power of healing through the gift of forgiveness
Thursday March 19	<b>Smile Day</b>	(i) Greet others with the gift of a smile (ii) Wear a 'smiley face' 😊 in or sticker
Friday March 20	<b>Positive Vybez Day</b> <b>'International Day of Happiness'</b>	On this, the 'International Day of Happiness', The Happiness Awards Gala 2026 - NY 
Saturday March 21	<b>Encouragement Day</b>	Do something practical to be an encouragement to someone today.
Sunday March 22	<b>Celebration Day</b> <b>(Another Public Ceremony for Closing)?</b>	Take a moment and identify three things that you can celebrate in your life! <b>Join us for our Weekly Free Zoom Webinar at 5 pm Jamaica Time/6pm USA . Zoom ID: 5121522200 Password: chooselife</b>

**For further information contact: Tel. 876 920-7924; 876 856-2966 and 347 8332444 (Also WhatsApp)**

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