



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	(Opening Church Service) Public Ceremony Participation	<p>Starting at 11am Join us for Church Service at online and/or in person at: First Church Of The United Brethren In Christ, Inc 805 Astor Ave, Bronx, NY 10467</p> <p>Join us for our Weekly Free Zoom Webinar at 5 pm Jamaica Time. Zoom ID: 5121522200 Password: chooselife</p>
Monday, March 16	Thank You Day	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	Kindness Day	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	Forgiveness Day	Experience the power of healing through the gift of forgiveness
Thursday March 19	Smile Day	<p>(i) Greet others with the gift of a smile</p> <p>(ii) Wear a 'smiley face'  in or sticker</p>
Friday March 20	Positive Vybez Day 'International Day of Happiness'	On this, the ' International Day of Happiness ', The Happiness Awards Gala 2026 - NY 
Saturday March 21	Encouragement Day	Do something practical to be an encouragement to someone today.
Sunday March 22	Celebration Day (Another Public Ceremony for Closing)?	<p>Take a moment and identify three things that you can celebrate in your life!</p> <p>Join us for our Weekly Free Zoom Webinar at 5 pm Jamaica Time/6pm USA . Zoom ID: 5121522200 Password: chooselife</p>

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