










# FEBRUARY 2025

## HAPPINESS CALENDAR FOR EDUCATORS



This month, find courage, hope, and renewal with daily tips from the Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 <u>See yourself</u> as courageous.	3 <u>Reflect</u> on someone who inspires you.	4 <u>Celebrate acts of courage</u> in your community.	5 <u>Prioritize</u> time for yourself.	6 <u>Connect</u> with a good friend.	7 <u>Ground yourself</u> in a positive affirmation.	1 <u>Imagine</u> your best possible self.
9 <u>Lead</u> with your values.	10 <u>Reflect</u> on an <u>inspiring quote</u> .	11 <u>Draw something</u> that is meaningful to you.	12 <u>Hold space</u> for deeper conversation.	13 <u>Listen</u> to <u>inspiring music</u> .	14 <u>Reflect</u> on the good.	8 <u>See the big picture</u> .
16 <u>Reflect</u> on your strengths.	17 <u>Let emotions come and go</u> .	18 <u>Imagine</u> your <u>courage creature</u> .	19 <u>Reflect</u> upon <u>everyday acts</u> of kindness.	20 <u>Check in</u> with yourself.	21 <u>Listen</u> to each other's <u>stories</u> .	15 <u>Connect</u> with your <u>inner self</u> .
23 <u>Envision</u> a brighter future.	24 Attend our free meeting, <u>Teaching in Troubling Times</u> .	25 <u>Align</u> your <u>actions</u> with what matters to you.	26 <u>Believe</u> in yourself and others.	27 <u>Connect</u> with your <u>community</u> .	28 <u>Embrace</u> your vulnerable self.	22 <u>Bend tasks</u> toward your strengths.

Designed by Hannah Jin-hee Kim  
hannahjinhee.com

