

April 2022

Happiness Calendar

This month, embrace all of yourself.

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters**.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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1 Journal about **three funny things** from your day.

2 Do you **share in other people's happiness**? Take our Sympathetic Joy quiz.

3 Exercise outdoors to **keep your brain sharp**.

4 Get involved in **a cause you care about**.

5 **Be open to difficult emotions** and get curious about them.

6 Be prepared to **talk with kids about scary news**.

7 Look for moments of **awe and beauty** in life.

8 **Express appreciation** for what your coworkers do well.

9 **Watch an inspiring movie**.

10 **Meditate with a friend** or join a mindfulness group.

11 **Model self-care** for the young people around you.

12 Reflect on whether expectations are **getting in the way of your happiness**.

13 **Offer a genuine apology** without justifying yourself.

14 When you feel angry, try to **pause and choose the best course of action**.

15 Give yourself the same **care and kindness** you give to friends.

16 **Focus on your breathing** for a few minutes.

17 Reflect on your **values and purpose** in life.

18 Be open to the idea that **your beliefs might be inaccurate**.

19 Go the extra mile to **help your coworkers feel like they belong**.

20 **Practice being a better listener**.

21 **Embrace all your different identities**.

22 Spend more time on things that **make your life meaningful**.

23 **Have a conversation with your child about their emotions**.

24 **Give someone a hug or a pat on the back**.

25 **Journal about a difficult situation** in your life.

26 **Don't judge yourself** for feeling bad.

27 **Respect people** who are different from you.

28 **Connection helps us learn**. Be there for any struggling students in your life.

29 Take our online course on **Bridging Differences**.

30 **Take delight in other people's joy**.