

April 2023 Happiness Calendar

This month, cultivate your inner strength.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

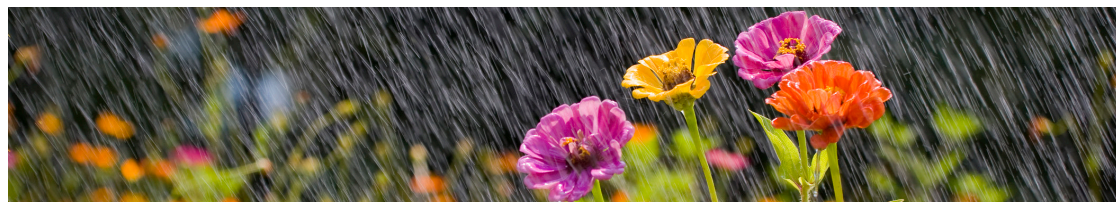
THURSDAY

FRIDAY

SATURDAY

GG Greater Good
SC Science Center

ggsc.berkeley.edu
greatergood.berkeley.edu



1 Seek out **friends with shared interests**.

2 **What are your good qualities?** Identify one you can lean on today.

3 When the world seems dreary, **look for ways to help others**.

4 **Find strength** in the ways you quietly persevere.

5 **Look for a mentor** to help you at work.

6 **How well do you read people?** Take our quiz to find out.

7 Reflect on **what happiness means to you** and your culture.

8 **Watch an inspiring movie**.

9 Try to **get a good night's sleep**.

10 Dream about **your best life**—and take one step toward it.

11 **Show your love** to the people around you.

12 **Find some solitude** when you feel overwhelmed.

13 **Connect with an animal**.

14 **Stand up for gender equality**.

15 Meditate on a memory or place that **gives you a feeling of resilience**.

16 Check in about the **division of labor** with your partner or roommate.

17 **When you feel stressed**, analyze the situation from an observer's perspective.

18 Ask more questions **to understand other people's points of view**.

19 Look up at the sky for **a dose of awe**.

20 Try to see mistakes as **a pathway to learning**.

21 Pick a strength that you want to **work on cultivating**.

22 Listen to our podcast series on **climate hope**.

23 Set a boundary to **protect yourself**.

24 **Put yourself in someone else's shoes**.

25 Take five minutes to **breathe deeply, with long exhales**.

26 Ask kids what **lessons they're learning from movies and TV**.

27 **Talk to your partner about your finances**.

28 To **solve a moral dilemma**, ask: Would I broadcast my choice to the world?

29 Find ways to **donate or volunteer** in your community.

30 Try a body scan to **connect with the present moment**.

