

# December 2023 Happiness Calendar

This month, look for the light.

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  
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**1** Find a new hobby you enjoy.

**2** Meditate on what you're grateful for.

**3** Go to sleep as soon as you feel tired.

**4** Look for the goodness and kindness all around you.

**5** Go easy on yourself when you're struggling.

**6** Imagine what your life would be like without a loved one.

**7** Take a walk and savor the sights, sounds, and smells around you.

**8** Speak up at work.

**9** Give the Greater Good Toolkit as a gift.

**10** How mindful are you? Take our quiz to find out.

**11** Do three kind things today.

**12** Slow down and take time for yourself.

**13** Make friends with people who are different from you.

**14** Be your authentic self as you age.

**15** Reflect on the ways you embody your values.

**16** Write a note of gratitude to someone.

**17** Find calm by watching your thoughts and feelings come and go.

**18** See the goodness in yourself.

**19** Find allies to help build a more equitable workplace.

**20** Take our Science of Happiness course in 2024.

**21** Break free from gender norms.

**22** Journal about a recent moment of awe.

**23** Reconnect with someone you lost touch with.

**24** Take care of your mental health.

**25** Sing.

**26** Ask yourself: What can I learn from others?

**27** Surround yourself with people you respect and admire.

**28** Ponder your New Year's resolutions.

**29** Read a good book.

**30** Remember acts of kindness you gave and received.

**31** Contribute to the greater good.

