

December 2025

Happiness Calendar

This month, seek out joy together.

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
	1 Say hello to your neighbors.	2 Ask more interesting questions.	3 Consider what you want in a relationship.	4 Start your day with gratitude.	5 Make space for the possibility of forgiveness.	6 Slow down and savor the holidays.
7 Spend quality time with loved ones.	8 Live with integrity.	9 Have a conversation about your disagreements.	10 Invite someone on a walk.	11 Relax with a friend or partner.	12 Look for beauty in what you see.	13 Lean on a friend when you're in need.
14 Be patient and empathic with others.	15 Show your affection with physical touch.	16 Be brave.	17 Send a loving text message.	18 Be generous with people.	19 Meditate for a few minutes at work.	20 Own up to your mistakes.
21 Join in the Big Joy Project!	22 How connected are you to humanity? Take our quiz to find out.	23 Go outside of your comfort zone.	24 Have a meaningful conversation with a young person.	25 Uphold a holiday ritual.	26 Show your love through kindness.	27 Remember funny moments from your day.
28 Care for yourself when you're struggling.	29 Eat mindfully.	30 Find a community where you can grow.	31 For the new year, let something go.		 <p>Greater Good Science Center</p> <p>ggsc.berkeley.edu greatergood.berkeley.edu</p>	