

December 2021

Happiness Calendar

This month, lift your spirits with kindness and love.

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 Reminisce about the past—it can **make you happier** in the present.

2 Spend **quality time** with people you care about.

3 Help a **stranger** in need.

4 Consider **choosing forgiveness** as a way to reduce your own suffering.

5 Take small steps toward **confronting your fears**.

6 Limit your **social media use** if you spend too much time scrolling.

7 Reflect on **the cultural or religious values** that are important to you.

8 Eliminate distractions when eating for a **more mindful, enjoyable meal**.

9 Write a **message of gratitude** to a person you never properly thanked.

10 Connect **with someone** from a different generation than you.

11 **Stressed out by the news?** Try meditating.

12 In the **middle of an argument**, take a pause to cool down.

13 Be aware of how **stereotypes may be affecting your social interactions**.

14 Turn on your **favorite sad song**—it can actually make you feel good.

15 Slow down and **be present with loved ones**.

16 Find **hope for the future** by reminding yourself what you believe in.

17 Let go of your expectations and have a **less stressful holiday season**.

18 Make sure you have **important documents in order**, like a will.

19 Deliberately **cultivate feelings of compassion** for people near and far.

20 Talk with your family about their **purpose in life**.

21 How big is your circle of concern? **Take our Connection to Humanity quiz**.

22 Keep in mind that your own **opinions and viewpoints** could be wrong.

23 Seek out social support **when you're stressed**.

24 If you're too busy helping others, step back and **take time for yourself**.

25 Remind yourself **how you overcame a challenge** this year.

26 Find a **community service project** to get involved in.

27 Look out for ways **unconscious bias** shows up in your decisions.

28 Get started **with a small goal**.

29 Don't worry **if you feel old**. It might just make you kinder.

30 Take our **Science of Happiness course** in the new year!

31 Choose a **simple New Year's resolution** that will make you happier.

